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Homemade Mixes

The American Way
COOKING SCHOOL
Recipes

Presented by

Board of Water and Electric Light Commissioners
Cooperating with the
Electric Appliance Dealers of Lansing and E. Lansing

PRUDDEN AUDITORIUM
OCTOBER 22, 23, 24 & 25, 1940
THREE NIGHTS
ONE AFTERNOON

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

Wed., Oct. 23
Night Session
Starts 7:00 P. M.

Thurs., Oct. 24
Afternoon
Starts 2:00 P. M.

Fri., Oct. 25
Night Session
Starts 7:00 P. M.

SEE BACK PAGE FOR LIST OF VALUABLE FREE GIFTS

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

First Session

Miss Emily Conklin, Demonstrator
1. Holding the steak firmly with the fork, cut close around the bone and lift it out.

2. Cut wedge-shaped portions across the full width of the steak, widest at the far side. Each serving should consist of a piece of the tenderloin and a piece of the large muscle.

3. Serve the flank end last if additional servings are needed.
1. Stuffed Cushion of Lamb

This cut is made from the lamb shoulder with the bones removed, thus forming a good sized pocket for dressing.

Have the meat retailer prepare a cushion style lamb roast. The pocket is made by boning from the side. Season inside and out with salt and pepper. Fill loosely with Celery Dressing. Sew or skewer the opening. Place on rack in an uncovered pan, fat side up and roast, without water, in a moderate oven (300°F.) allowing 25-30 minutes to the pound. Serves 6 to 8.

**CELERY DRESSING**

- 1 cup finely chopped celery
- 1 tablespoon minced onion
- 1 tablespoon parsley
- 1 tablespoon butter
- 2½ cups bread crumbs
- ½ teaspoon marjoram
- ½ teaspoon celery seed
- ½ teaspoon salt
- Few grains pepper
- Water or soup stock

Cook celery, onion, and parsley in butter for a few minutes. Add other ingredients and enough water or soup stock to make a slightly moist dressing.

2. Dixie Chocolate Cake

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>3 cups cake flour</td>
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<tr>
<td>3 teaspoons baking powder</td>
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<tr>
<td>½ teaspoon soda</td>
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<tr>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>¾ cup lard</td>
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<tr>
<td>2 cups sugar</td>
</tr>
<tr>
<td>3 eggs</td>
</tr>
<tr>
<td>4 squares chocolate</td>
</tr>
<tr>
<td>1½ cups milk</td>
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<tr>
<td>1½ teaspoons vanilla extract</td>
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Sift flour once, measure and sift again with baking powder, soda, and salt. Cream lard. Add sugar gradually and continue creaming until light and fluffy. Add eggs, one at a time, beating after each addition. Add melted chocolate and blend. Add sifted dry ingredients alternately with milk and vanilla, beating after each addition until smooth. Line the bottom of three 9-inch pans with waxed paper. Pour in batter. Bake in moderately hot oven (375°F.) for 25 minutes. Cool and frost with Chocolate Fluff Frosting. Serves 12 to 16.

**CHOCOLATE FLUFF FROSTING**

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>6 tablespoons butter</td>
</tr>
<tr>
<td>2½ cups confectioners sugar</td>
</tr>
<tr>
<td>1½ teaspoons vanilla extract</td>
</tr>
<tr>
<td>4 squares chocolate</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>3 egg whites</td>
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Cream butter. Add 1 cup sifted confectioners sugar and blend. Add vanilla, melted chocolate, and salt, and mix well. Beat egg whites until stiff, but not dry. Gradually add remaining sugar to egg whites beating until mixture stands in peaks. Fold into chocolate mixture and stir until smooth.

Cake and Frosting recipes suggested by Miss Mary Ora Pitt, Savannah, Ga.
3. Glazed Cottage Roll

Smoked Cottage Roll.

2-3 pound Cottage Roll
Hot water

Cottage Roll is the name given to a smoked boneless piece of meat from the Boston Style Butt. Cover the Cottage Roll with water. Cover pan and simmer 1 1/2 hours. When tender, drain and spread surface with glaze. Place in a hot oven (450° F.) for 10 minutes or long enough to brown. Serves 6.

GLAZE

4 tablespoons brown sugar
1 1/2 tablespoons flour
1 tablespoon vinegar
1 tablespoon water
Mix to a smooth paste.

4. New England Bran Muffins

1 cup flour
1/2 teaspoon salt
1 teaspoon soda
2 cups shredded bran
1 1/2 cup molasses
1 1/2 cups milk
1 egg

Sift flour once, measure and sift again with salt and soda. Add bran to molasses and milk and soak for 15 minutes. Beat egg and add to bran mixture. Stir in dry ingredients. Fill greased muffin pans (2 1/2 inches in diameter) two-thirds full and bake in hot oven (450°F.) for 20 minutes. Yield: 12 muffins.

5. Steamed Lamb Loaf

3 pounds ground lamb
3 cups moist bread crumbs
4 teaspoons prepared mustard
1 tablespoon Worcestershire sauce
1 tablespoon salt
6 tablespoons chopped onion
3 tablespoons melted butter
Small onions or green beans

Combine all ingredients. Mix well. Pack into a 2-quart pan and turn out on rack. Pour 1 cup water into large kettle. Lower rack with molded lamb into kettle. Cover tightly and steam 2 hours. One-half hour before meat is done add small whole onions or green beans and continue cooking. Serve with Olive Sauce. Serves 10 to 12.

OLIVE SAUCE

3 tablespoons butter
3 tablespoons flour
2 cups milk
6 tablespoons sliced stuffed olives
1 tablespoon chopped green pepper
1 tablespoon Worcestershire sauce
1 cup cooked peas
Salt
Paprika

Melt butter and add flour. Add milk gradually, stirring constantly until thickened. Add remaining ingredients and cook slowly 5 minutes. Serve hot on Steamed Lamb Loaf.

6. Ham Ramekins

1 pound ground smoked ham
1 1/2 pound ground lean pork
2 cups left-over macaroni and cheese
1 egg

Combine all ingredients thoroughly, cutting macaroni into small pieces. Fill greased muffin pans. Bake in moderate oven (375°F.) for 45 minutes. Serves 6 to 8.
7. Banana Butterscotch Pie

**1¼ cups Homemade Pie Mix**
**1-3 tablespoons cold water**

Add water to pie mix, 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 thickness and line pie pan. Prick well. Bake in hot oven (425°F.) for 15 minutes. Cool and fill with Butterscotch Filling.

**BUTTERSCOTCH FILLING**

1 cup brown sugar
2 tablespoons flour
1 cup water
3 egg yolks
2 tablespoons butter
1 teaspoon vanilla extract
2 bananas

Mix sugar and flour. Add water and beaten egg yolks and cook until thick, stirring constantly. Just before removing from heat, add butter and vanilla. Cool. Slice bananas in bottom of baked pie shell, then pour butterscotch mixture over bananas. Cover with Meringue. Serves 6

**MERINGUE**

3 egg whites
¼ teaspoon salt
½ teaspoon vanilla extract
6 tablespoons sugar

Beat egg whites until bubbly, add salt and vanilla. Continue beating until egg whites form a thick foam. Add sugar, a tablespoon at a time, beating after each addition. After last addition of sugar, beat until mixture stands in peaks 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.

8. Cape Cod Pot Roast

Rolled Chuck Pot Roast.

4-5 pounds beef chuck roll
4 tablespoons lard or drippings
1 small bottle horseradish
Salt and pepper
Water

Brown meat in hot fat. Drain liquor from horseradish and pour horseradish over meat. Season to taste. Cover closely, reduce heat and cook slowly until tender allowing about 45 minutes per pound. Add a little water from time to time if the fat becomes too brown. Serves 8 to 10.

9. Veal Hearts with Noodles

3 veal hearts
Flour
2 tablespoons lard
8 small onions
1½ cups water
Salt
Pepper
1 8-ounce package noodles

Cut hearts in half and wash well. Dredge with flour and brown in hot lard. Add onions, water and seasonings. Cover and simmer 2 hours or until tender. Cook noodles in boiling salted water. Drain, season and place on chop plate. Arrange meat on noodles and pour liquid remaining in pan over all. Serves 6.
12. Spinach Fritters

5 slices bacon  
3 tablespoons flour  
2 cups cooked spinach  
2 tablespoons bacon drippings  
1 cup milk  
1 egg  
1 cup fine dry bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon pepper

* * *

1 egg  
3 tablespoons water  
Fine cracker crumbs  
Lard for deep fat frying

Dice bacon and fry until crisp. Chop spinach and drain thoroughly. Add flour to bacon drippings and blend. Pour in milk and stir constantly until very thick. Add 1 well beaten egg and cook for 2 minutes longer. Combine with bacon, spinach, bread crumbs and seasonings and set aside to chill. Shape into balls 1 1/2 inches in diameter. Roll in beaten egg combined with the water, then in cracker crumbs and drop at once into kettle of deep hot lard at (375° F.) Fry until light brown, about 3 or 4 minutes. Serve at once. Serves 6.

13. Sugar Cookies

6 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
1 teaspoon nutmeg  
1 cup lard  
2 cups sugar  
3 eggs  
3 tablespoons milk

Sift flour once and measure. Sift 5 cups of the flour with the baking powder, salt and nutmeg. Cream lard, add sugar and continue creaming. Add beaten eggs and milk, then sifted dry ingredients. Add enough of the remaining flour to make a stiff dough. Roll on floured cloth to one-eighth inch in thickness. Cut with floured cookie cutter. Bake on cookie sheet in a hot oven (425° F.) for 10 minutes. Yield: 5 dozen.

14. Veal-Liver Sausage Rolls

1 1/2 pound veal cutlets  
1/2 pound liver sausage  
1 egg  
6 tablespoons milk  
2 tablespoons chopped parsley  
2 tablespoons chopped onion  
3/4 cup dry bread crumbs  
1/2 teaspoon pepper  
1 teaspoon salt  
1/4 cup flour  
3 tablespoons lard  
2 cups water

Have veal slices cut one-fourth inch thick. Remove fat and bone. Cut in 6 uniform pieces. Mash liver sausage and add egg, milk, parsley, onion and crumbs. Place on pieces of veal. Roll and tie or fasten with skewers. Mix seasonings with flour and dredge rolls. Brown in hot lard. Add water. Cover and simmer until tender or bake in a moderate oven (300° F.) for 1 1/2 hours. Serve with gravy. Serves 6.

15. Individual Gingerbread Shortcakes

1/2 cup buttermilk  
1/2 cup molasses  
2 cups Homemade Gingerbread Mix  
1 egg  
Fruit  
Whipping cream

Heat buttermilk and molasses. Add to gingerbread mix and stir until dry ingredients disappear. Beat egg until fluffy and stir into batter. Pour into greased individual pie pans and bake in a hot oven (400° F.) for 25 minutes. While still hot, split horizontally and fill center with fruit such as applesauce or fruits in season. Top with sweetened whipped cream. Serves 8.
16. Broiled Porterhouse

Steaks which may be broiled are porterhouse, shown above, sirloin, rib, club and tenderloin (filet mignon).

Have porterhouse steak cut 1 to 2 inches thick. Place steak on center of broiler rack and place in broiler with 2 inches between surface of meat and the source of heat for a 1-inch steak; likewise allow 3 inches between source of heat and a 2-inch steak. When steak is nicely browned on one side, it will be about half done. Season, turn and brown on other side. Only one turning is necessary. Allow 35 to 40 minutes for a 2-inch steak to be medium done. Serves 2 to 4.

17. Ruby Salad Mold

1 No. 2½ can Bing cherries
Water
1 package cherry flavored gelatin
½ cup stuffed olives
½ cup pecans
Watercress or endive

Drain and pit cherries. Save cherry juice and add enough water to make 2 cups of liquid. Heat. Dissolve gelatin in hot liquid. Cool. When gelatin begins to congeal, add cherries, sliced olives, and chopped pecans. Pour into individual molds. Chill until firm. Unmold onto a bed of endive or watercress. If fresh Bing cherries are in season, use water to dissolve gelatin and 1½ cups fresh pitted cherries. Serves 8.

18. Snappy Biscuit Rolls With Dried Beef

1½ cups Homemade Biscuit Mix
3-4 tablespoons water
½ cup grated cheese
1 tablespoon melted butter
Mashed Potato Filling
Creamed Dried Beef

To biscuit mix add water to make stiff dough. Roll lightly to one-eighth inch thickness. Sprinkle with 2 tablespoons cheese, fold over and roll to one-eighth inch thickness. Repeat until cheese is entirely used. Spread evenly with Mashed Potato Filling. Roll as for a jelly roll and cut in 1-inch slices. Place cut side down in greased baking pan. Brush tops with melted butter and bake in hot oven (450°F.) for 25 minutes. Serve with Creamed Dried Beef. Serves 6.

MASHED POTATO FILLING
1 egg
1½ cups mashed potatoes
½ teaspoon salt
½ teaspoon pepper
½ teaspoon onion juice
1 teaspoon chopped parsley

Beat egg. Blend all ingredients together until smooth.

CREAMED DRIED BEEF
½ pound dried beef
4 tablespoons butter
6 tablespoons flour
3 cups milk

Shred beef. Melt butter and add beef, stirring and cooking until browned and crisp. Add flour, mix well and add milk gradually, stirring constantly until thickened.

A Meal Without Meat is a Meal Incomplete
19. Standard Pastry

2 cups flour
1 1/4 teaspoons salt
3/4 cup lard
3-6 tablespoons cold water

Sift flour. Measure and add salt. Cut lard into this mixture until crumbs are coarse and granular. 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 and use as desired. Yield: 2 crusts.

20. Sausage Loaves

1 1/2 pounds ground pork
1/2 cup milk
1 1/2 cups soft bread crumbs
1 egg
1 teaspoon grated onion
2 tablespoons catsup
2 tablespoons horseradish
2 teaspoons prepared mustard
1 1/2 teaspoons salt
1/4 teaspoon pepper

Mix all ingredients. Shape into eight small loaves and arrange side by side, crosswise, in a 4x9 inch loaf pan. Bake in a moderate oven (350° F.) for 1 1/2 hours. Serves 8.

21. Spareribs Special

Spareribs are the ends of the ribs of pork which have been removed from the bacon strip.

4 pounds spareribs
1 clove garlic
2 medium onions
1 can condensed vegetable soup
1 No. 2 1/2 can kidney beans
1/2 cup diced celery
2 teaspoons salt
1/2 teaspoon pepper

Cut spareribs into servings and place in kettle. Chop garlic fine and add to spareribs with remaining ingredients. Cover tightly and simmer slowly until meat is tender, about 1 1/2 hours. Serve with vegetables poured over meat. Serves 8.

Recipe suggested by Mrs. A. Markiewicz, Lockport, Ill.

RETAIN THIS STUB

Fill Out Registration Blank on Other Side
22. Frankfurter Salad Bowl

1½ cups sliced frankfurters or left-over cooked meat
1 No. 2 can kidney beans
¾ cup sliced sour pickles
¾ cup French dressing
1 head lettuce
½ large sliced mild onion

Skin frankfurters and slice or dice left-over meat. Drain kidney beans. Add the meat, sour pickles and one-half cup French dressing. Chill. Wash lettuce, separate leaves, and break into pieces. Alternate layers of the bean mixture, lettuce and onion in a shallow salad bowl. Pour the remaining French dressing over all and serve. Serves 8.

23. Fried Apples and Sausage

2 pounds country style sausage
2 tablespoons water
8 tart apples
½ cup sugar

Cut country style sausage into 4-inch pieces. Place in cold skillet. Add water, cover and simmer until water evaporates. Remove cover, increase the heat and cook until sausage is browned. Remove to hot platter and pour off all but 4 tablespoons of the fat. Wash apples, cut in eighths, core and brown in the sausage fat, turning occasionally. Sprinkle with sugar, cover and cook slowly until tender. Pile apples in center of chop plate and arrange hot sausage around the apples. Serves 6.

24. Golden Soup

½ cup dried yellow peas
1 quart meat stock
8 1-inch cubes dry bread
1 egg
2 tablespoons milk
Salt and pepper
1 tablespoon chopped parsley

Soak dried peas for several hours. Simmer in meat stock until tender. Dip bread cubes in a mixture of beaten egg and milk and drop into soup. Cover and cook for about 5 minutes. Season and serve sprinkled with chopped parsley. Serves 6.
Homemade Mixes and Their Uses

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.

LEMON PASTRY
1 1/3 cups Homemade Pie Mix
1 teaspoon grated lemon rind
1/2 tablespoon sugar
1 tablespoon lemon juice
1 tablespoon cold water

CHEESE CRUST
For upper crust use
3/4 cup Homemade Pie Mix
1/2 cup grated American Cheese
1-1 1/2 tablespoons cold water
(Good with apple pie)

SPICE PASTRY
1 1/3 cups Homemade Pie Mix
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon cloves
1-3 tablespoons cold water

Homemade Biscuit Mix
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.

WAFFLES
2 cups Homemade Biscuit Mix
2 eggs
2 tablespoons sugar
Milk to make proper consistency

COFFEE CAKE
2 cups Homemade Biscuit Mix
4 tablespoons sugar
1 egg in measuring cup
Milk to fill cup

BISCUITS
2 cups Homemade Biscuit Mix
Milk to make soft dough

DUMPLINGS
2 cups Homemade Biscuit Mix
Milk to make drop batter

Homemade Gingerbread Mix
4 cups flour
1 tablespoon soda
1 teaspoon baking powder
1 tablespoon ginger
1 teaspoon cinnamon
1 teaspoon salt
1 cup sugar
1 cup lard
Sift flour once, measure and sift again with remaining dry ingredients. Cut lard into dry ingredients with a pastry blender until mixture is fine. Store gingerbread mix in refrigerator using from it whenever hot gingerbread is desired. Yield: 6 cups.

Recipe suggested by Mrs. P. W. Allin, Dallas, Tex.

VARIOUS USES
In this and the other recipe booklets of the American Way Cooking School will be found directions for using Gingerbread Mix to make Muffins, Waffles, Shortcakes, and Upside-Down Gingerbread.
FREE GIFT LIST

TUESDAY NIGHT, OCT. 22
“G-E” ELECTRIC RANGE, Courtesy Barker-Fowler Electric Co.

WEDNESDAY NIGHT, Oct. 23
“MONARCH” ELECTRIC RANGE—Courtesy of the Manufacturer, East Lansing Electric Co. and Board of Water and Electric Light Commiss’rs

THURSDAY AFTERNOON, OCT. 24
“KELVINATOR” ELECTRIC RANGE—Courtesy Lansing Dry Goods Co. and Lapp Electric Co.

FRIDAY NIGHT, OCT. 25 — (Two Ranges to Be Given Away)
“HOTPOINT” ELECTRIC RANGE—Courtesy The Jury-Rowe Co.
“WESTINGHOUSE” ELECTRIC RANGE—Courtesy F. N. Arbaugh Co., Board of Water and Electric Light Commissioners, East Lansing Electric Co. and VanDervoort Hardware Co.

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“TAYLOR” Meat Thermometers—Courtesy of Manufacturer
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