

Hester Heath, Famous Home Economist, Presides at Tribune School

Cooking School Recipes Published Each Day for Convenience of Guests

In order to better enjoy the programs at The Mail Tribune Cooking School, it is suggested that those attending bring each day the list of recipes published the previous day in this paper.

THURSDAY PROGRAM

Suggestions for leftover meats.

- Tuna-Noodle Ring
- 1 package noodles.
- 4 cups boiling water.
- 1 medium can tuna.
- 2 eggs.
- 1 cupful milk.
- 1 cupful sliced carrots.
- 1 cupful cooked peas.
- 1 cupful cooked beans.

Cook the noodles in the boiling water for 10 minutes and drain. Grease a ring mold and fill with alternate layers of the tuna and the noodles. Add the milk to the beaten eggs and pour over the tuna and noodles. Place the mold in a pan of hot water and cook for 30 minutes in a moderate oven (350 degs. F.), or until firm. When done turn out on a round dish and fill the center with the hot cooked vegetables. Serve with a medium thin cream sauce. Serves six.

Roast Boned Shoulder of Ham

Directions for all roasting given in class.

Pastry and Pies de Luxe

- 2 cups of flour.
 - 1 teaspoon salt.
 - 1/4 teaspoon baking powder.
 - 2-3 cups shortening.
 - About 4-6 tablespoons cold water.
- Sift and measure flour, add salt and baking powder. Sift dry ingredients together. Cut in shortening with the hot cooked vegetables. Add enough ice or cold water to hold pastry together, but not enough to make a sticky pastry.

Apple Pie

- 6 medium-sized sour apples.
- 1/4 cup sugar.
- 1/4 teaspoon salt.
- 1/4 teaspoon nutmeg.
- 1/4 teaspoon cinnamon.
- 1 tablespoon lemonjuice.

Wash, pare and cut apples into lengthwise slices. Sift together sugar, salt and spices and mix thoroughly with apples and lemon juice. Line a pie pan with crust. Fill with apple mixture. Sprinkle the following mixture over top of apples.

Chocolate Brownies

- Melt 1/2 cup butter and 1/2 cup ground chocolate slowly. Add:
- 2 well beaten eggs.
- 1 cup sugar.
- 1/4 cup flour.
- 1 cup nut meats.
- 1 teaspoon vanilla.

Bake in small shallow pan 15-20 minutes at 375 degrees. Cut in squares and roll in powdered sugar.

attractive individual pies.

- Strawberry Jam
- 5 cups crushed strawberries or 6 cups berries left whole.
- 1 package powdered pectin.
- 5 cups sugar.

Bring berries to vigorous boil, add powdered pectin and again bring to boil. Add sugar. Boil vigorously until desired consistency.

Golden Salad

- 1 package lemon-flavored gelatin.
- 1 cup boiling water.
- 1/2 cup canned pineapple juice.
- 1 tablespoon vinegar.
- 1/2 teaspoon salt.
- 1 cup canned pineapple, diced and drained.
- 1 cup grated raw carrot.
- 1-3 cup pecan meats, finely cut.

Put of grated orange rind. Dissolve gelatin in boiling water. Add pineapple juice, vinegar, grated orange rind and salt. Chill. When slightly thickened, add pineapple, carrot and nuts. Turn into individual molds. Place in refrigerator. Chill 1 1/2 hours. Unmold on crisp lettuce. Garnish with mayonnaise. Serves six.

Strawberry à la Mode

One package strawberry flavored gelatin, dissolved in 2 cups of boiling water or strawberry juice. When cool pour in bottom of parfait glasses (about two inches deep) and let congeal. On top of this place a spoonful of vanilla ice cream. Garnish with canned strawberries or fresh crushed berries. Top with a spoonful of whipped cream and a few chopped nuts. This makes a very festive dessert.

Vanilla Ice Cream

- 4 egg yolks.
- 2 cups milk.
- 1 cup sugar.
- 2 teaspoons vanilla.
- 1/4 teaspoon lemon.
- 1 cup whipping cream.

Combine egg yolk, sugar and milk and cook to a soft custard. Freeze in tray of automatic refrigerator until solid. Beat egg whites until stiff and 1 cup of whipping cream. Add flavoring. Combine with frozen custard until all is smooth. Return to refrigerator and freeze until solid. Serve as plain vanilla ice cream or with chocolate or butterscotch sauce.

For good coffee use:

1. A clean utensil.
 2. A good grade of coffee.
 3. Serve at once.
- For average strength coffee 1 level tablespoon coffee to 1 cup water. Methods of making good coffee will be discussed in class.

CAMERA STUDIES OF J. P. MORGAN



J. P. Morgan, America's mysterious financier, revealed himself as a calm, soft-spoken man as he bared long hidden secrets before a secret committee investigating the vast international banking house which bears his name. These pictures show him entering and leaving the hearing. (Associated Press Photos)

FORESTRY STUDENTS TO CRUISE AND MAP TRACT AT PROSPECT

OREGON STATE COLLEGE, Corvallis, May 31.—(Spl.)—Evan Crum and Le Von Dunford of Medford, sophomores in forestry at Oregon State college, are among the group of forestry students selected to go on the second annual forest field trip to southern Oregon. R. S. Kearns and F. S. Schirmer, instructors in forestry and logging engineering will be in charge of the trip.

The students will stay on the 640 acre tract which was given to the school of forestry by Mrs. Mary J. L. McDonald of San Francisco. They plan to cruise and map the section of land which lies southeast of Prospect on the south fork of the Rogue river near the site of the new California-Oregon power company dam.

The "fernoppers" will divide into crews of four. Each crew will furnish food and camping equipment for itself. Tents for shelter and trucks for transportation will be provided by the school of forestry.

Jim Bagby, Jr., son of the former Cleveland pitcher, made his debut as a high school hurler at Atlanta this spring.

Taylor Joliff, who has been pitching minor league baseball for 20 years, spends his winters at Fort Myers, Fla., digging potatoes.

Mrs. L. D. Cheney of San Gabriel, Cal., has won the women's state golf championship five times.

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REAL ECONOMY IS EASY PRACTICE IF ELECTRICITY USED

From Monarch Home Service Dept.

Have you ever tried oven dinners? If you have, you already know what an economizer of time and fuel these combination meals really are. By this method you are baking a number of things with the same amount of heat as is required to bake just one. Cooking a complete meal in an oven is truly an efficient process when practically no attention is required for the actual cooking.

It is possible in the electric oven to cook all types of vegetables (both winter root and fresh vegetables) without water. Waterless cookery is recognized as the best means of retaining the essential minerals and other nutritive elements in fruits and vegetables.

Practically all foods can be prepared in some form in the oven. Meats roasted or baked are most delicious and can be cooked through without being dried out or overdone—baked vegetables are most healthful, all the nutritive qualities being preserved—a combination meat and vegetable dishes can be easily prepared and cooked together—cakes, pastries, breads and most desserts are always baked in the oven.

It is therefore an easy matter to plan oven dinners; combinations of food that are most healthful and appetizing. In an electric oven, fish, cakes and vegetables such as onions and cabbage, can be baked at one time without any of the food becoming flavored by the others.

Because so much current can be saved by filling the oven to capacity, it is wise to cook for later use if the dinner does not require the entire oven. For example, dried fruit may be cooked for sauce or for use in whips, or desserts. Apples may be baked, the breakfast cereals started or entirely cooked. Meat loaves or in fact, any dish which may be reheated may be used to help make a "full oven."

When planning oven dinners, the menu is governed by maximum length of time required for actual cooking. The first item to choose is meat. Time required for roasting is governed by weight.

Example: If a 3-pound beef roast is being prepared, approximately one and one-half hours will be required for roasting. Choose vegetables, potatoes and dessert that can be cooked in that length of time or less. Few vegetables can be overcooked when prepared in the oven.

If a creamed dish, or previously cooked meat or meat substitute is used, time can be greatly reduced. Potatoes may be cooked in the roasting pan with the meat or if especial-

ly prepared, such as creamed, a small Kettle can be used.

Another method of utilizing oven heat is to bake a succession of things, cooking those that take the highest heat first and finishing with those that require lower heat—for example, bake

a sponge cake after you have finished your pastry.

A check of elevator travel to the observation tower of the courthouse at Miami, Fla., for one week showed 8,121 passengers.

Ferrin Walker, Georgia Tech freshman, won five first places in a dual meet in Atlanta.

Wes Dunlap, former St. Louis golf star, will be president of a Kansas City tea course for the 1933 season.

Here's Something Entirely New—Smart See It at the Cooking School This Week!



Guaranteed CHIP-PROOF STAINLESS Enamelware

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- 3 quart Vapor-Seal Sauce Pan, Chromium Cover \$2.65
- 4 quart Vapor-Seal Sauce Pan, Chromium Cover \$2.95
- 6 quart Vapor-Seal Sauce Pan, Chromium Cover \$3.25
- 3-quart Vapor-Seal Kettle, Chromium Cover \$2.65
- 4 quart Vapor-Seal Kettle, Chromium Cover \$2.95
- 6 quart Vapor-Seal Kettle, Chromium Cover \$3.25
- 4-quart Vapor-Seal Dutch Oven, Chromium Cover \$2.95
- 4-quart Vapor-Seal Tea Kettle, Chromium Cover \$3.95
- 1 1/2-quart Vapor-Seal Double Boiler, Chromium Cover \$2.95
- 9-cup Percolator with Chromium Cover \$3.25

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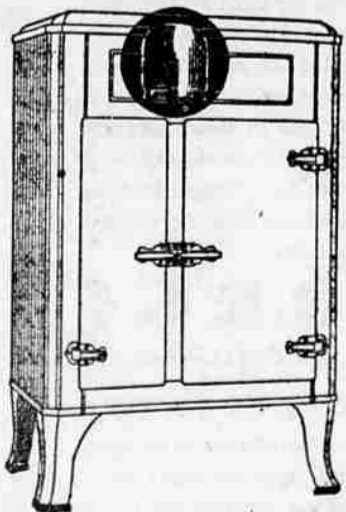


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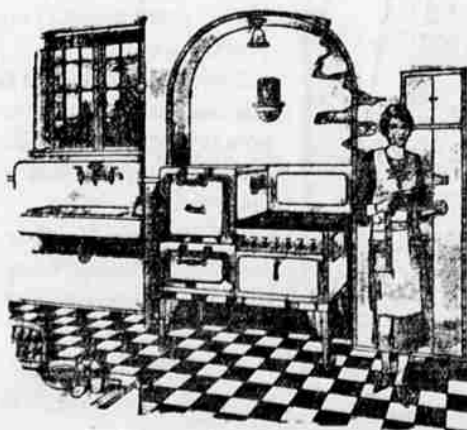
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