

Tomorrow Will Mark Climax Tribune's Most Successful 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.

Program for Friday

Simple One Dish Dinners

Spish Steak

- 1 1/2 lbs. steak, veal or round
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons flour
- 4 tablespoons shortening
- 3 large onions, sliced
- 1/2 cup chili sauce
- 1 1/2 cups hot water
- 1/2 cup grated cheese
- 1/2 cup uncooked macaroni
- 1/2 cup uncooked spaghetti
- Season, cut shortening. Fry meat briskly until brown on both sides. Cover with onions. Add chili sauce and hot water. Cover skillet. Transfer to moderately hot oven (375 degrees F.) or cook slowly over burner about 30 minutes. Remove cover. Sprinkle with grated cheese. Bake until cheese melts. Remove veal to platter. Put cooked macaroni in skillet. Stir in gravy until heated. Serve as border.

Southern Put-Together

- 1 lb. flank steak (or left-over beef roast)
- 4 tablespoons shortening
- 3 onions, sliced
- 1 green pepper, sliced
- 1 cup left-over cooked vegetables
- 1 cup diced celery
- 1 cup tomato soup
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 8 stuffed olives, sliced
- 1 cup rice
- Cut meat in very thin slices. Heat skillet, melt shortening, fry meat rapidly until brown and crisp. Remove meat. Cook onion and pepper until soft. Add tomato soup, meat, celery, seasonings. Simmer until onions and celery are tender. Add left-over vegetables (peas, string beans or carrots) and olives. Serve with steamed rice.

Steamed Rice

- Put washed, drained rice into top of double boiler with 1 quart boiling, salted water. Boil rapidly 5 minutes. Cover. Place over boiling water. Cook until rice absorbs water and is tender.

Tuna Salad

- 1 medium can tuna fish. Marinate the fish for 2 hours in a dressing of 2 tablespoons oil, 1 tablespoon vinegar, 1/2 teaspoon pepper and 1/2 teaspoon salt. Shortly before serving, combine with the tuna, 1 or 2 hard-cooked eggs, 2 cups diced celery, 1 teaspoon minced onion and 1 sweet pickle. Moisten with cooked or mayonnaise dressing. Serve as main dish for lunch or supper with asparagus, new carrots or peas.

Chocolate Cake

- 1/2 cup ground chocolate
- 1 cup hot water
- 1 level teaspoon soda
- Mix well and cook 2 minutes and keep warm.
- 1/2 cup shortening
- 2 cups sugar
- 2 eggs
- 1 cup sweet milk
- 3 cups flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla
- Cream shortening and sugar together, add well-beaten eggs. Stir dry ingredients together several times and add alternately with the milk to which the vanilla has been added. Lastly, add warm chocolate mixture. Bake in two large layers at 350 degrees about 35 minutes.

Double Boiler Frosting

- Combine and put in upper part of double boiler:
- 1 cup sugar
- 1 unbeaten egg white
- 1/4 teaspoon cream of tartar
- 3 tablespoons cold water
- Place over rapidly boiling water and beat constantly until firm holds in peaks. Remove from fire and add flavoring. Spread on cake roughly. Note: Be sure bottom of upper part of double boiler touches the water for best results.

Chocolate Icing

- 3 cups powdered sugar
- 3 tablespoons hot coffee
- 3 tablespoons ground chocolate
- 3 tablespoons melted butter
- Mix ingredients in order given. Beat until smooth and spread on cake. Rich hot milk or cream may be used instead of coffee.

Strawberry Parfait

- Put 2-3 cup sugar and 1-2 cup water in sauce pan. Stir until sugar is dissolved and boil until syrup spins a thread when dropped from tip of spoon. Remove from fire and beat 3 egg whites until stiff. Add syrup slowly continuing to beat mixture until light and fluffy. Chill, stirring occasionally. Beat 1/2 pint cream until thick, add 1 1/2 teaspoons vanilla, then beat in egg mixture with a few turns of the egg beater. Add to above 1 box strawberries, pressed thru ricer. Give a few more turns of egg beater, put into freezing pan of refrigerator and leave in chilling unit about 3 hours or until mixture is firm.

Tomato Preserves

- 5 cups cooked tomatoes
- 1/2 lemon, sliced thin
- 1 package powdered pectin
- 5 cups sugar
- Bring tomatoes and lemon to vigorous boil. Add powdered pectin. Bring to boil, add sugar. Cook to desired consistency. Pour and paraffin.

Hot Tea

- 5 teaspoons India tea
- 1 quart rapidly boiling water
- Draw tea 5 minutes. Remove leaves
- Pour freshly made double strength tea in glass half filled with ice cubes. Serve with sugar, lemon, orange, mint or candied ginger.

Roll Steak

- Directions for broiling given in class.

Railway tickets being sold in 1933 permit passengers to tour the entire country in three weeks at reduced rates.

Twenty-two teams competed during 10,000 people during the recent 400-mile triathlon.

Menus of the Day

By MRS. ALEXANDER GEORGE.

- A Wedding Breakfast
- Chilled Fruit
- Creamed Chicken in Patty Shells
- Hot Rolls
- Current Jelly
- Pineapple Sherbet
- Small Drop Cakes
- Coffee
- Salted Nuts
- Cream Candies

RECIPES FOR THIRTEEN.

Chilled Fruit

- 2 cups diced peaches
- 2 cups diced pears
- 2 cups seeded cherries
- 2 cups strawberries
- 3 cups fruit juices
- 1/2 cup sugar
- 2 tablespoons lemon juice
- Boil sugar and fruit juices for 2 minutes. Cool. Add rest of ingredients. Chill. Serve in glass cups, sprinkle confectioner's sugar over tops just before serving.

Creamed Chicken

- 2-3 cup butter
- 2-3 cup flour
- 8 cups milk
- 1 1/2 teaspoons salt
- 1/2 teaspoon paprika
- 1/2 teaspoon celery salt
- 4 tablespoons chopped pimientos
- 4 cups diced, cooked chicken
- Melt butter, add flour and when well mixed add milk, cook until creamy sauce forms. Stir constantly. When sauce thickens, add rest of ingredients, cook 4 minutes.

A richer sauce can be made if one cup of cream is substituted for one of the cups of milk. It is advisable to make this mixture in a double boiler so there will be no danger of burning. One cup of browned mushrooms will give added flavor.

Hot Rolls

- 2 cakes compressed yeast
- 2 cups milk
- 1 teaspoon salt
- 1/2 cup sugar
- 3 eggs
- 1/4 cup fat, melted
- 6 cups flour
- Mix milk, salt and sugar. Heat until lukewarm. Add yeast which has been crumbled. Add eggs, fat and half the flour. Beat 3 minutes. Add rest of flour. Place in large greased bowl. Cover, let rise until doubled in size.

Roll out soft dough until 1-3 inch thick. Use a 2-inch cookie cutter. Cut out rounds and fold half over, spread one side with soft butter. Arrange rolls 1/2 inch apart in greased pan. Cover with cloth, let rise until doubled in bulk. It will require about 2 hours to rise. Bake 20 minutes in a moderate oven.

Dinner Serving Two.

(Uses left-overs)

The Menu.

- Ham and Chicken Casserole
- Browned Potatoes
- Biscuits
- Plum Jelly
- Head Lettuce
- Relish Dressing
- Diced Fresh Pineapple
- Sponge Cake
- Coffee
- Ham and Chicken Casserole

(Serving two)

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1/2 cup diced chicken
- 1/2 cup diced ham
- 1/4 teaspoon paprika
- 1/4 teaspoon celery salt
- 1/4 teaspoon chopped onion
- 1/4 teaspoon chopped parsley
- Melt butter and add flour. Mix well, add milk. Cook until creamy sauce forms. Stir constantly. Add rest of ingredients, pour into a buttered casserole. Bake 15 minutes in moderate oven.

Browned Potatoes.

- 8 new potatoes, boiled

- 2 tablespoons bacon fat
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- Melt fat in small pan. Add potatoes and coat with melted fat. Sprinkle with salt and paprika. Bake 15 minutes in moderate oven.

Diced Fresh Pineapple.

- Medium sized pineapple
- 2-3 cup sugar
- 2 tablespoons lemon juice.
- With sharp knife cut off skin of pineapple. Cut crossways into 2-3 inch slices. Remove core and dice pineapple. Add sugar and lemon juice. Place in glass dish. Chill several hours. Stir several times. Serve in glass dishes.

Sponge Cake.

- 4 egg yolks
- 1/4 cup sugar
- 1/2 cup pastry flour
- 1/4 teaspoon cream of tartar
- 1 teaspoon lemon extract
- 1/4 teaspoon vanilla
- 1/4 teaspoon salt
- 4 egg whites, beaten.
- Beat yolks. Add sugar, beat until creamy. Fold in remaining ingredients, mixing lightly. Pour into shallow pan lined with wax paper. Bake 25 minutes in a moderately slow oven.

Orange marmalade mixed with a little cinnamon makes a delicious topping for hot toast when served with tea or coffee.

Strawberry Shortcake.

(Serving eight)

DINNER MENU

- Tomato Juice Cocktail
- Jellied Veal
- Creamed Potatoes
- Buttered Asparagus
- Rolls
- Current Jam
- Radishes
- Strawberry Shortcake
- Celery
- Cream
- Coffee

Jellied Veal, Serving 8

- 2 tablespoons granulated gelatin
- 2 tablespoons cold water
- 1 1/2 cups boiling veal stock
- 1/2 teaspoon salt
- 2 cups chopped cooked veal
- 2 tablespoons chopped pimientos
- 2 tablespoons chopped green peppers
- 1 teaspoon chopped onion
- 1 teaspoon chopped parsley
- 1/4 teaspoon paprika
- 2 hard-cooked eggs, sliced.

Soak gelatin and water 5 minutes. Add veal stock and stir until gelatin has dissolved. Cool. Add rest of ingredients. Pour into glass mold, chill until stiff. Unmold and serve on platter garnished with lettuce leaves.

Veal.

- 1 pound veal shoulder
- 3 cups water
- 1/2 teaspoon salt
- 2 sliced onions
- 4 celery leaves
- 1/2 bay leaf
- 1 whole clove
- 1 sprig parsley.
- Wash veal and cut into one-inch pieces. Add rest of ingredients. Cover and simmer for 1 1/2 hours. Remove veal and chop and use in the loaf. Strain veal stock.

Strawberry Shortcake.

- 3 cups flour
- 6 teaspoons baking powder
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 6 tablespoons fat
- 1 egg
- 1-3 cups milk.
- Mix flour, baking powder, salt and sugar. Cut in fat with knife. Add egg and milk, mixing lightly. Divide mixture into eight parts, pat out each piece until 2-3 inch thick. Bake 12 minutes in moderate oven. While warm, split, spread with butter and cover with remaining berries. Serve plain or with cream.

Berries.

- 6 cups berries
- 2-3 cup sugar.
- Wash and hull berries. Add sugar. Mix with fork and chill.

To freshen cabbage and other raw vegetables used in salads, soak one hour in very cold water. Drain well before using.

BONUS MARCHERS CONVENTION



Members of the bonus army encamped at Fort Hunt, Va., near Washington, opened their convention in an army tent. The speaker is George D. Brady, one of the leaders of the new march. (Associated Press Photo)

Nine hundred pupils from 32 public schools in England recently cruised the Mediterranean.

To encourage olive production at home Argentina is distributing 500,000 trees at cost to growers.

Hungary is placing funds in country banks to help farming activities before crop sowing.

To restrict imports of flax the German government will pay a subsidy to German flax growers.

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