

# Electric Roasting And Broiling Are Superfine, Radiant Heat

## Makes Meats More Tender Juicy And Flavorful

### DELICATE MERINGUES ARE EASY TO MAKE

All meringues should be baked in a slow oven, from 200 to 235, until they are delicately browned. If the oven is too hot, the meringue will be tough and shrunken. The controlled heat of the modern electric oven insures success in turning out this delicacy.

—Cooking School Fri. - Sat.—

### DRIED FRUITS

Dried fruits, cooked electrically, do not need to be soaked. The low, controlled heat in the surface units of the modern electric range allows the fruit to absorb water as it cooks, resulting, in a plump natural appearance. They need very little sugar as the natural sugar is retained.

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Always cream the butter and have it soft for spreading when you are making sandwiches.

Time was when the homemaker who planned a roast for dinner sentenced her self to several hours in the kitchen, literally tied to the cook stove. Glance through the directions for roasting in one of the older cookbooks. A high temperature was recommended and food cooked at high temperature will bear watching. Then, "baste every ten minutes," reads the recipe and one cannot wander very far afield under these conditions!

All that has been changed and today a roast for dinner is one of the easiest dishes in the world to prepare, for with a modern electric range, roasting is practically automatic.

The roast is placed in an open roasting pan with the fat side up, after adding salt and pepper. This does away with a journey to the range every ten minutes to "baste," because as the fat melts it runs over and through the meat doing the basting for you.

Roasting is done at a constant temperature, too. Set the electric thermostat at 300 for beef, veal, lamb, and smoked pork, and at 350 for a fresh pork roast. The oven temperature control on modern electric ranges has contributed in no small way to eliminating guesswork bother from roasting. It insures uniform results, time after time, and does away with the necessity for watching.

If you are roasting standing rib roast of beef or a loin of pork, no rack is needed, but for those roasts which would otherwise repose in their own juices, a rack should be used. Of course you will not add water, nor will you cover the pan, for a roast ceases to be a roast when water or steam enter the picture.

Here is a recipe for a roast which will fit the economy budget like the proverbial glove, but it makes even a hard-to-please family sit up and take notice!

**Cushion Style Lamb Shoulder**  
Lamb shoulder, boned  
1/2 pound spinach leaves  
4 tablespoons butter  
4 tablespoons celery (chopped)  
1 tablespoon onion (chopped)  
2 cups dry bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon pepper

Wash spinach thoroughly and cut in small pieces. Place in frying pan with two tablespoons of butter, the celery, and the onion. Cook for three minutes, then push to one side of pan, add remaining butter and the crumbs, stirring these together in the empty portion of the pan. Then combine with spinach, season with salt and pepper, and fill pocket of lamb shoulder. Sew or Skewer the open sides. Season with salt and pepper and place on rack in shallow roasting pan. Set the electric thermostat at 300, and place pan in cold or preheated oven as desired. For a 6-pound lamb shoulder, roast about 2 hours.

For Cushion Style Lamb Shoulder have the butcher remove the shoulder bone from a square cut lamb shoulder, leaving a pocket for the dressing.

Meats roasted in the oven of a modern electric range are just the right combination of crisp, brown crust and moist, tender center. Their deliciously flavored, too.

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To keep fruit cake moist, place a cut apple or a piece of cheesecloth dipped in cider, in the container.

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## Program Friday July 18 Oven Meal ROAST CHICKEN

RICE PEAS and MUSHROOMS SLICED APPLE MUFFINS PECAN PIE

**Spiced Apple Muffins**  
2 cups flour  
3 teaspoons baking powder  
1/3 cup sugar  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1 egg  
3/4 cup milk  
4 tablespoons fat  
1 cup raw diced apples  
1. Sift dry ingredients. 2. Beat egg, add milk and add to dry mixture. 3. Add melted fat and fold in diced apples. 4. Drop into well-greased muffin tins and place in oven 30 minutes before meal is finished.

**Pecan Pie**  
1 cup sugar  
1 cup corn or cane syrup  
3 tablespoons butter  
3 eggs  
1 cup pecan meats, unbroken  
1. Mix sugar and syrup, and bring to a boil. 2. Add butter and pour hot mixture over 3 beaten eggs. 3. Add pecans and pour into unbaked pie shell which has been sprinkled with a mixture of 1 tablespoon flour.  
Temperature—350 Time 1-1/2 hours

### Surface Cookery Rome Chowder

1/2 pound ground round steak  
1/2 pound ground pork  
2 tablespoons butter  
1 onion (finely cut)  
1 tablespoon Worcestershire Sauce  
1 tablespoon salt  
1/8 teaspoon pepper  
1 cup spaghetti (broken in small pieces)  
3 cups canned tomatoes  
2 cups canned peas (drained)  
1 small can pimientos (cut in strips)  
1 cup ripe olives (cut from stones)  
1 cup grated cheese  
1. Preheat skillet on surface unit, switch on High—about two minutes. 2. Add butter to skillet; when melted, add ground meat and sear, stirring. 3. Add salt and pepper and Worcestershire Sauce to tomatoes. 4. Follow with onion, seasoned tomatoes, olives, peas and pimientos. 5. Cover skillet; when steaming turn switch to Warm. 6. Cook 1 to 2 hours. And sprinkle grated cheese on top five minutes before serving.

### Cooker Pot Deep Fat Frying Grandmother's Raised Doughnuts

1/4 cups milk, scalded  
1/4 cup shortening  
1/2 teaspoon salt  
1/2 cup compressed yeast  
4 cups sifted flour  
1/2 cup sugar  
1 1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon mace  
3 eggs, well beaten  
1. Place milk, shortening and salt in large mixing bowl and cool until lukewarm. 2. Add crumbled yeast cake and stir well. Gradually add about 2/3 cups flour, or enough to make a stiff batter, beat thoroughly. 3. Place in warm place and allow to stand until full of bubbles. 4. Mix sugar and spices and combine with eggs; stir into sponge, and gradually add remaining flour, or enough to make a dough which can be handled. 5. Knead well, cover and let rise in warm place about 1 hour. Turn out on lightly floured board and roll 1 inch thick.

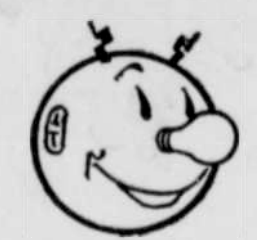
### Refrigerator

**Frozen Lime Pie**  
2 eggs beaten until lemon colored  
1/2 cup granulated sugar  
1/2 cup light corn syrup  
1 teaspoon grated lime peel  
1 cup coffee cream  
1 cup milk  
1/2 cup lime juice  
green coloring  
1. Add the sugar gradually to the egg until the mixture becomes the consistency of a thick custard. 2. Combine with the other ingredients. 3. Freeze with thermostat control on No. 7. 4. When frozen, remove to a bowl and whip until light and creamy. 5. 1/4 cups graham cracker crumbs  
1/2 cup powdered sugar  
1/4 cup butter  
1. Blend the cracker crumbs with the sugar and butter. Line small pie tin with half the crumb mixture. 2. Pour in the lime mixture after it has been beaten. 3. Cover the top with the remaining crumb mixture. 4. Crimp edges with silver fork. 5. Continue freezing until firm, with Cold Control still on No. 7.

**Refrigerator Rolls**  
1 cake yeast  
1/4 cup lukewarm water  
1 cup hot liquid  
4 tablespoons sugar  
1 1/2 teaspoons salt  
4 tablespoons shortening  
1 egg well beaten  
3 cups or more flour  
1. Soften yeast in lukewarm water. 2. Pour hot liquid over sugar and shortening. Cool to lukewarm. 3. Add softened yeast and about 1/2 the flour, beat thoroughly, add egg. Add enough more flour to give as soft a dough as can be handled on board. 4. Place in greased bowl, cover. Raise. Let raise about two hours. Time 12 to 21 minutes Temp. 425 degrees

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