

# Herald - News Cook School Ends With Demonstration of Choice Dishes

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## MISS GILBERT'S RECIPES ARE TESTED FOR GOODNESS

In concluding the three-day session of the Happy Kitchen Cooking School, sponsored by the Torrance Herald and Lomita News in the Torrance Civic Auditorium, Miss Kay Gilbert, home economist, revealed a number of new household tips last Friday afternoon. She also demonstrated her choicest recipes—and here they are for you to try:

**Chocolate Ripple Cake**  
(Recipe in Crisco Ad in this paper soon).

**1 1/2 cups California grown beet sugar.**  
1/4 cup Crisco  
1 teaspoon salt  
1 teaspoon Ben-Hur vanilla  
2 cups Fisher's Fine Spun Cake Flour  
2 teaspoons K.C. Baking Powder  
3/4 cup water  
2 egg whites  
Blend your creamy Crisco together with the sugar, salt and vanilla. Add water alternately with the sifted flour and baking powder. Fold in egg whites beaten stiff but not dry. Bake in square or oblong pan lined with paper in a moderate oven (350 degrees) 35-40 minutes. Turn from pan, gently remove paper. When cool cover top with chocolate icing. Draw tines of fork through icing to make ripple design.

**Chocolate Icing**  
Blend 1 tablespoon Crisco, 1 egg yolk, 1/4 teaspoon salt and 1/2 teaspoon vanilla. Add 2 squares melted chocolate. Stir in 2 cups sifted confectioners sugar then enough milk (about 2 tablespoons) to form a spreading consistency.

**Ruskets Nut Chops**  
2 tablespoons peanut butter  
6 tablespoons condensed milk  
1 egg  
6 slices Weber bread  
12 tablespoons crushed Ruskets.  
Trim bread and apply peanut butter. Cut into fancy shapes. Beat eggs well and add the condensed milk. Dip the bread into this and then into the crumbled Ruskets. Place on a greased pan and bake until brown in quick oven.

**Frozen Fruit Pudding**  
1 3-ounce package of cream cheese  
3/4 cup whipping cream  
2 tablespoons lemon juice  
1 tablespoon California grown best sugar  
3/4 cup crushed pineapple  
1 cup small, thin avocado slices  
1/4 cup chopped dates  
1 cup thinly sliced peaches  
12 quartered maraschino cherries  
1 cup apricot halves  
Cream the cheese; add 1/4 cup cream gradually, stirring until smooth. Add lemon juice and sugar. Whip remaining 3/4 cup cream thick but not stiff, and fold into cheese mixture. Combine carefully with prepared fruit. Freeze in freezing unit. Serves 8 to 10.

**French Fried Toast**  
Remove crust from slices of Weber bread and cut into desired shape. Beat 2 eggs, add half cup milk and a pinch of salt. (A selected spice and sugar may be added.) Dip bread in egg mixture and allow to stand just a moment to absorb egg. Fry a few pieces at a time in deep Crisco at 350 degrees. Drain on paper toweling and keep warm until served. Dust with powdered sugar and serve with jam or syrup.

**Oven Canning**  
Can only be successful in a modern range with automatic heat control to maintain an even temperature. Place jars at least an inch

apart to allow for heat expansion. California grown beet sugar assures success whether canning, preserving, making jams or jellies.

**Coffee Making**  
Be sure to select correct grind of coffee for process chosen. Ben-Hur coffee may be obtained for drip, silex or percolator. A very light dash of salt or a few drops of lemon bring out the flavor of any coffee.

**Trisco Pie Mix**  
Use one-third as much Crisco as flour; 3/4 teaspoon salt to the cup of flour. Cut the Crisco coarsely into the Fisher's blend flour and salt which have been sifted together. When Crisco is used, flakier pastry is assured as less water than before is needed to blend the mix. It is not necessary to keep in the refrigerator to prevent an "off flavor." Add water and roll, with a light stroke and chill in refrigerator before baking.

**Fried Rice**  
1/4 lb. Wilson's bacon, ham or sausage. (Lobster or shrimp may be substituted)  
1 cup cooked rice  
1 tablespoon chopped onion  
1/16 teaspoon pepper  
1/2 teaspoon salt.  
Cut cold cooked meats or shell fish into small pieces. Fry raw bacon, ham or sausage until delicate brown. Remove meat and excess grease and fry onions, rice and seasoning, add and stir well. Two raw eggs and meat.

**Baked Ham**  
Wilson's Tendermade ham is processed so that it requires no boiling or parboiling before baking. Remove wrapper, place fat side up in shallow pan without water. Bake for 5 minutes to the pound at 300 degrees. Take from oven and remove the rind and score. Cover with selected glaze and return to oven at 425 degree temperature until delicate brown.

The following are a few of innumerable glazes which may be used:  
1—Brown sugar moistened with orange juice.  
2—1 cup honey to which has been added 1 tablespoon sugar.  
3—Crushed pineapple which has been drained.  
4—Apricots.  
5—Ben-Hur cloves may be used with all these glazes.

**Rainbow Thrill**  
Select personal preference of canned fruits in halves or whole form. Leave some their natural color and tint others with Ben-Hur vegetable coloring and arrange in a ring mold. Pour over them lime or lemon Jell-A-Teen made in accordance with instructions on package, except use hot syrup from canned fruit instead of water. Chill until firm. If used as salad, fill center with mayonnaise tinted also with vegetable coloring; or if dessert—tinted whipped cream in center when unmolded.

## COMING NEXT WEEK!

Taste-tested by local families . . .  
Pride of our own cooks . . .  
Actual good dishes . . .  
Tops in homes . . .  
Yum-mum-m!

Next week The Torrance Herald and Lomita News will begin publication of "My Family Likes" which is a splendid collection of recipes offered these newspapers by local housewives. Each one bears the stamp of approval of the donor's own family and friends and each will be properly credited to the contributor.

Housewives of this community are invited to contribute their best recipes to this series which will run as long as they keep coming in to The Herald or The Lomita News. You are invited to call at the offices of the two papers for a blank form on which you may write your formula for making the dish "My Family Likes."

**Recommended**  
Kip is recommended by doctors and druggists for burns from all causes. Having a supply in the home is preparedness. Kip gives immediate relief and will help prevent scars.

**NUT CAKE**  
Yield: One 8-inch loaf.  
2 cups Fisher's Fine Spun Cake Flour  
2 teaspoons K. C. Baking Powder  
1/2 teaspoon salt  
1 cup walnut meats  
1/2 cup Crisco  
1 cup California grown beet sugar  
2 eggs  
3/4 cup milk  
1 teaspoon vanilla extract.  
Sift and measure the flour. Sift with baking powder and salt. Use 2 tablespoons to flour nuts. Cream Crisco and sugar until fluffy. Add eggs one at a time, beating vigorously after each addition. Add milk alternately with flour, beating until smooth after each addition. Add extract, then floured nuts. Pour into a greased and floured 8-inch loaf pan. Bake 40 to 50 minutes at 350 degrees. Frost with Seafoam Frosting.

## Wheat Germ Enhances Macaroni, Cheese

Old fashioned macaroni and cheese is still the household favorite for at least once a week, but it's taken on a brand new flavor crust with Fisher's Wheat Germ top and bottom. Spread the shallow baking dish with cold butter, sprinkle with Fisher's Wheat Germ, add looked elbow macaroni, grated meltable cheese, thin cream sauce, then more grated cheese and a thick layer of Fisher's Wheat Germ. Bake at 325 degrees until

## Ben-Hur Coffee Has Real Flavor

"Enjoy Saving with Ben-Hur," is a mighty popular and fast spreading slogan. Every Ben-Hur foodies under this exact qualifies under this expression, according to Sales Director E. L. Weaver who is particularly enthusiastic about the economy of top-flight Ben-Hur coffee.

"We ask every lover of fine coffee to learn the difference in coffee flavor by giving Ben-Hur a trial," Weaver, who is an outstanding coffee expert, says. "You'll not only appreciate that richer Ben-Hur flavor, but if you'll make tests of measurements you'll find you can get more cups of extra delicious coffee with less coffee per cup. In fact, most folks who start with Ben-Hur by using regular measurement suggested for other coffees find their beverage too heavy. With Ben-Hur you can save on your coffee measurements and enjoy the richest, most delicious coffee you ever tasted."

Ben-Hur has been a leading brand in the Southwest for more than 35 years and during all that time there has been tireless experimenting to produce more and more deliciousness for your cup.

**NEGRO FINED**  
James D. McGinnis, 31-year-old Los Angeles Negro, was arrested here last weekend for driving while intoxicated. He was fined \$50 which he arranged to pay on the installment plan.

cheese is melted and crust a fine brown. Serve in squares, with cabbage slaw or other crisp salad.



Featured at the Torrance Herald Cooking School, October 1-2-3.

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**NEW! EASY! You're sure of flaky pie crust with Crisco's new pastry method!**

**GOODBYE TO TOUGH CRUST!**

Now... thanks to Crisco's new sure-fire pastry method—you'll get flaky, mouth-melting crust! Hear your family cheer!

What a big moment when your pie crust turns out so perfect that every flaky morsel melts in your mouth! Yes—but how awful you feel when company comes and the pastry turns out tough! Now—read and rejoice! For Crisco comes to your rescue with alluring new pastry method that's SURE-FIRE for flaky, tender pastry. Goodbye, guesswork! The main trouble's been—"How much water to use?" If you use too little, your pie dough won't hold together. If you use too much—wham!—a sticky slough that requires too much handling. And then—tough pie crust! But now Crisco's wonderful new pastry method ends this guesswork! Also, variations in flour or the temperature of the ingredients don't matter. Now you can be SURE of flaky pie crust!

Yes, sure of flaky pie crust! Just change to Crisco and follow this new method. It's easy as A-B-C! What a thrill when the family tells you: "You're the BEST pie-maker in 6 counties!"

**FOR CRISP, DIGESTIBLE FRIED FOODS—FRY THE CRISCO WAY!**

**CRISCO FOR FLAKY PIE CRUST**

**CRISCO'S SURE-FIRE METHOD... EASY AS A-B-C**

(A) Now—no guesswork—exact measurements! Double-Crust measurements: Mix 2 cups of sifted flour with 1 teaspoon salt in mixing bowl. Put 1/4 cup of this flour into a small bowl and mix in 1/4 cup water to form a paste.

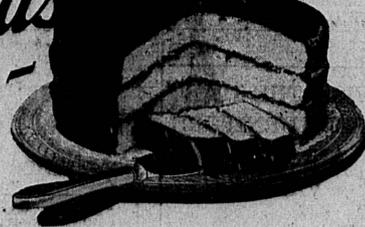
(B) Next—the blending step—easy with Crisco! To the remaining 1 1/2 cups of flour add 3/4 cup Crisco (creamy, easy-blending!). Cut in Crisco (with knives, fork or blender) till the pieces are the size of small peas.

(C) Here's the final step to Flakier Pie! Add flour-paste to Crisco-flour mixture. Mix thoroughly until the dough comes together and can be shaped into a ball. Divide in half—roll out both crusts about 1/4 inch thick.

ONE-CRUST MEASUREMENTS Follow above method but use these measurements: In Step (A) use 1 1/2 cups flour and 1/2 teaspoon salt. For flour-paste use 1/4 cup flour and 3 tablespoons water. In Step (B) use remaining 1 1/4 cups flour and 1/2 cup Crisco.

ALL MEASUREMENTS LEVEL.

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