



The News Tribune's School of "Better Foods--Better Homes"



At the Auditorium, Cor. Third Ave. East and First St.

by MRS. BROWN-LEWERS, Lecturer

FREE TO EVERYBODY

A Few Cooking Suggestions:

1. Fish Croquettes

- | | |
|-------------------------------|-----------------------------|
| 1 cupful cold boiled rice | 2 cupfuls fish flakes |
| 1/2 cupful medium white sauce | 1 tablespoonful onion-juice |
| 1 egg, beaten slightly | 1/2 teaspoonful paprika |
| | Salt to taste |

Mix ingredients, spread on flatter to cool, form into croquettes. Dip in cracker dust, or corn meal, then in egg, then cracker dust. Place in frying basket, and fry in deep crisco.

2. Japanese Rice

Wash and drain the desired quantity of rice. Fry in sufficient oil to cover, until a delicate golden brown. Have boiling three times the quantity of water that you have rice. Sift the rice slowly into the water (so the water never stops boiling), let boil vigorously for ten minutes then draw to back of stove where it will keep hot. Cover closely with cloth and tight cover and keep hot 20 minutes or longer before serving. May be served as a vegetable with a lemon sauce or to escalloped dishes of meat or fish.

3. Criscoed Crumbs

2 tablespoonfuls crisco	1 cup dry bread crumbs
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Place crisco in frying pan and when melted add bread crumbs. Stir constantly-until a golden brown. Use for escalloped dishes.

Musical Program

Music Furnished by the Glass Block Store.

- "In Old Madrid".....Tenor Solo
Reed Miller.
- "Molly, Dear, It's You I'm After".....One-Step
- "In Dreams, My Own".....Tenor Solo
Walter Van Brunt.
- "Wake Up, America".....One-Step
Janda's Lonely Orchestra.
- "My Heart at Thy Sweet Voice".....Contralto Solo
Eleanora de Cisneros.

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She tells us that good baking makes happy homes and certainly none of us can doubt her word. Wasn't it the happy home we all knew when mother was her own cook? Isn't it a happy home today where the mother or wife fills us up on goodies from the oven?

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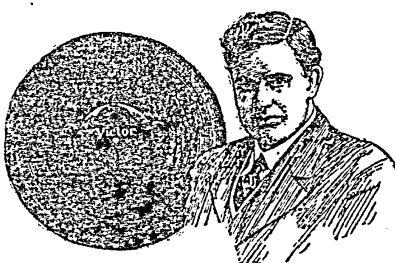


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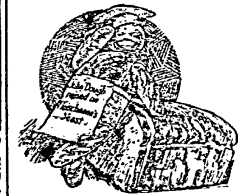
BUTTER— Best Creamery, 5-lb. jar.	\$2.00	CORN FLAKES— Quaker, 4 pkg.	24c
FLOUR— First Patent, 49 lbs.	\$2.45	SODA— Arm & Hammer, per pkg.	7c
COFFEE— Freimuth's Pickwick, 3 lbs.	\$1.00	BAKING POWDER— Calumet, 1-lb. can	20c
COCOA— Fine Flavor, 5 lbs. for	\$1.00	BAKING POWDER— Rumford, 1-lb. can	20c

PHONES:
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Musical Recital 2:00 to 2:30
Lecture and Demonstration at 2:30

Mrs. Brown-Lewers Recommends the

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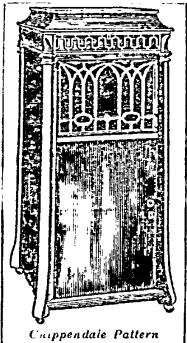
SEE

Beverly Bayne and Bryant Washburn

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