



The Voice of Cookery

conducted by
PHIL LIBBY
former Restaurateur now Food Consultant
Listen to THE VOICE OF COOKERY, featuring Phil Libby, over Station WCFL (970 Kilobytes) every week day morning, except Saturday, at 10:45 a. m., for interesting food facts, recipes, household hints and cookery advice.

MONOTONITIS — A SPRING MENU MALADY

Most of our homemakers, have never heard of this malady. Monotonitis . . . is an ailment, as you no doubt guessed and is an affliction to which our daily menus are susceptible. Some cases are slight, while others are more severe, but always the cure is simple. The application of new flairs . . . new flavors . . . and new foods, are the cure. Just after Lent, we get back into the rut of old and familiar dishes, rather than think of something new, or newer styles of preparing old dishes. The fact remains that we cannot have new foods always, especially when it comes to meats, for we are usually limited to beef, pork, veal and lamb, with an occasional fowl thrown in for good measure. So it seems that we must find new ways to prepare what we have in the varieties of meats.

The malady of monotonitis will never strike at your home, if you are a clever cook who takes advantage of all the foods the market affords and then prepares them in the many ways to relieve the menus of monotony.

Today I'm going to give you a few recipes, that are a bit different, or I should say a bit unusual for home fare. These recipes were taken from my "chef's bible" better known as the chef's cook book. When you see the titles, do not become alarmed for you can prepare these dishes right in your own home with the same degree of success as the chef.

French Hash

- 1 green pepper, chopped fine
- 2 medium sized onions, chopped fine
- 3 cups cooked diced beef
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Worcestershire sauce

Salt and pepper to taste. Mix the meat, carrots, peas and seasonings with the brown sauce. Put in an earthenware dish or individual ramekins, cover with pie pastry and bake in oven until crust is done.

Sweetbreads Ideal

Split sweetbreads. Sprinkle with paprika and flour. Sauté in butter. Serve on slice of toast which has been covered with a thin slice of boiled or baked ham, laying sweetbreads on top of ham. A paprika sauce over all makes the dish ideal. Paprika sauce may be made by adding plenty of paprika to color white sauce.

Chicken Biarritts

Saute chicken with shallots, julienne or narrow strips of red and green peppers mushrooms, potatoes. Olive, in butter. (Potatoes Olive are made with a French balling knife, cut from raw potatoes and generally steamed until almost done before sauteing).

Ham Souffle, Allevi

- 1 pt. cooked ham, chopped fine
 - 1/2 cup grated Parmesan cheese
 - 3 eggs
 - Salt as needed
 - 1/2 cup soft bread crumbs
 - 1 pint white sauce
 - 1 chili pepper, chopped fine.
- Use chicken broth and cream when preparing the white sauce. While hot add the crumbs, pepper, ham, cheese and yolks of eggs, well beaten. Mix thoroughly. Fold in the whites of the egg. Bake in usual manner. Serve from baking dish with Sauce Supreme, flavored with paprika or curry, in a separate bowl. To make the Sauce Supreme, make a thin white sauce, using chicken broth or stock for liquid, butter and flour, and a few drops of lemon juice.

St. James Parish Hall

1 can tomato puree
1 can consommé
dash of cayenne
Grated Swiss cheese

Simmer green peppers and onion together for 3 minutes in a little water. Add meat, consommé, tomato puree, and seasonings. Heat thoroughly. Turn into a greased casserole, sprinkle with grated Swiss cheese and brown under broiler.

Lamb Pie, Allegretti

- 4 cups cooked diced lamb
- 1 cup diced cooked carrots
- Pie pastry
- 2 cups peas
- 1 cup brown sauce

The four organizations of the St. James church will sponsor a chicken dinner on Wednesday, April 21, 1937 in St. James parish hall, 146 North ave., Highwood.

St. James Young People's club, Holy Name society, the Tabernacle society, and Catholic Daughters of America are the organizations of the church in charge of this event.

Mr. William Dorick, president of the Holy Name society is chairman of the affair. Assisting him as chairman of various committees are: Mrs. J. E. McCaffrey, Mr. Paul Muzik, Miss Joan Robasse, Mrs. F. N. Williams, Mrs. William Dorick, Mrs.

George Lenfesty, Mrs. Mary Zahle, and Miss Eleanor Flannigan.

A delicious chicken dinner will be served from 6 o'clock on. Be sure to attend, as the committee informs us that everyone is assured a good time.

H. P. Moose Hold Election April 12

Highland Park lodge No. 446, Royal Order of Moose will hold their annual election of officers at Witten hall Monday April 12 at 8 o'clock. All members are urged to be present.

Pi Delta Club Plans Card Party

The Pi Delta club of the Y.W.C.A. is sponsoring a public card party, Thursday, April 22 at 8 o'clock in the Y.W.C.A. Door and table prizes will be awarded and refreshments will be served. A small charge will be made for admission.

Hospital Auxiliary Meets

The monthly meeting of the Highland Park Hospital Auxiliary will be held Wednesday, April 14, at 10:30 a.m. in Trinity parish house. Luncheon will be served at 12:30.

Boy Scout News

Training Courses Planned

A bulletin to Scoutmasters of the North Shore Area Council last week announced four training courses which are being offered to the Scout leaders of this area. The subjects and dates of the courses are as follows:

Wednesday, April 28, and the two Wednesdays following, will be used in the presentation of course material on games and game leadership, put on by Bob Townley at the Kenilworth school gym. Bob has been scoutmaster for 27 years and has had many years experience as a physical education teacher and play director. This will be open to all Scout leaders and Cubmasters and their assistants.

On Saturday and Sunday, May 8 and 9 at Camp Evanbosco three courses will be presented: Elements of Scoutmastership for new men in scouting and for those who haven't had previous Scout training, Principles of Scoutmastership for more

experienced leaders and Camp-O-Ree Technique for Scoutmasters and others who desire to pick up some valuable information on Camp-O-Ree equipment and Patrol and Troop hike material and programs.

All of these courses are designed to comply with the National Requirements of the Five Year Progressive Training program and will be applied to credits earned for the Scoutmasters Key and Scouters Training award.

Camp Trip Planned

A trip to Camp Ma-Ka-Ja-Wan for Scout leaders is being planned for the middle of May. The plan is to leave on Friday afternoon, May 14, and return on Sunday, May 16. There will be an interesting program at camp and "eats" will be a major activity. The party will be limited in number but just as many as can will be accommodated. For further information please call the Scout office at Highland Park 629. New Scoutmasters Handbook Out

The second volume of the new Scoutmasters Handbook is now ready and available to Scout leaders through the Scout office or the supply department in Chicago. The new handbook is the most usable, best presented collection of hints for leaders that has yet been produced by the National Council. Mr. Wil-

liam Hillcourt (Green Bar Bill of Boys' Life) is the author and this book for Scoutmasters ranks with his other, the Handbook for Patrol Leaders.

First Scouts Sign Up for Camp Ma-Ka-Ja-Wan
The first camp registrations for Camp Ma-Ka-Ja-Wan for 1937 were received at the Scout office last week and the lucky Scouts who will be going to that camp for two periods are: Bill and Eugene Sittig, twin Scouts of Troop '22, Glencoe. Mr. Karl D. King, Jr., is the scoutmaster. Both of these boys were in camp last summer and will be there again with a large number of other Scouts from their troop.

Camp starts this year on June 26 and will be operated for three, two week periods ending on August 6.

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New York APPLE SAUCE No. 2 cans; each 10c

Crosse & Blackwell DATE & NUT BREAD 2 cans for 29c

Premium FLAKE CRACKERS per package 10c

University Club Beverages

ROOT BEER, PALE DRY GINGERALE LIME RICKEY assorted, flavors 4 BOTTLES 25c
PLUS BOTTLE DEPOSIT

DOG FOODS SPECIAL

PARD Strongheart 4 cans 25c
PARD 3 cans 25c per doz. 95c



Old Dutch Cleanser

3 cans 25c



Meat Specials

SPRING LEG OF LAMB pound 24c

PORK LOIN ROAST RIB OR LOIN END pound 20¹/₂c

BEEF POT ROAST 5-LB. CUTS pound 18¹/₂c

SWIFT'S Soft Summer Sausage pound 19c

SLICED BACON 3 Lbs. 95c

COOKED LOBSTER TAILS pound 42c

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Wednesday and Thursday April 7 and 8
"BULLDOG DRUMMOND ESCAPES"
with Ray Milland, Sir Guy Standing, Heather Angel, Reginald Denny, Porter Hall
Crime Does Not Pay Series, "Torture Money" - Cartoon, "Skunked Again" - Comedy, "Pink Lemonade" - Latest Fox Movietone News

Friday and Saturday—Saturday Matinee and Evening April 9 and 10
"MAN OF AFFAIRS"
with George Arliss
Comedy, "Kick Me Again" - Betty Boop Cartoon, "Making Friends" Color-tour Adventure, "Modern Lights" - Latest Pathe News

Sun.-Mon.-Tues.—Sunday continuous from 2 to 11 p.m. April 11-12-13
"CHAMPAGNE WALTZ"
with Fred MacMurray, Gladys Swarthout, Jack Oakie, Veloz and Yolanda, Herman Bing, Vivienne Osborne, Frank Forest, Ernest Cossart
Musical Romance, "Trees" - LATEST MARCH OF TIME
Cartoon, "Bunny Mooning" - Latest Paramount News

Wednesday and Thursday April 14 and 15
"DANGEROUS NUMBER"
with Robert Young, Ann Sothern, Reginald Owen, Cora Witherspoon
Two Reel Comedy, "Jail Bait" - Cartoon, "Tin Can Tourist" Metro-tone News

Friday and Saturday—Saturday Matinee and Evening April 16 and 17
"THE PLOUGH AND THE STARS"
with Barbara Stanwyck and Preston Foster
Musical Comedy, "A Girl's Best Years" - Tabloid Musical, "Dancing on the Ceiling" - Cartoon, "Pork's Road Race" - Latest Pathe News

NEXT WEEK: Camille - Stolen Holiday - Rembrandt
COMING: Green Light - On the Avenue - Maid of Salem
Swing High, Swing Low - Beloved Enemy

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