



# The Indianapolis Times

COOKING  
SCHOOL  
SECTION

INDIANAPOLIS, MONDAY, NOVEMBER 20, 1933

## Times Will Present Cooking School

### RUTH CHAMBERS, FAMED EXPERT, IS CONDUCTOR

Demonstrations Will Open  
Tomorrow for Three Days  
at Murat.

A new and different cooking school, which will cover every phase of the selection and preparation of food for the family, will be offered free to the housewives of this city through arrangements completed by The Times.

One of the finest programs obtainable on the important subject of foods will be presented. A famous cooking expert, Miss Ruth Chambers, of the national livestock and meat board, has been engaged to conduct the school, which will be held tomorrow, Wednesday and Thursday, at the Murat theater, New Jersey and North streets. Classes will be held at 2 daily and at 8 Thursday night. Doors open at noon.

A very special and distinctive feature of The Times' cooking school will be the attention devoted to the cooking of meat, the food which is the basis of the daily menu. It is in the realm of meat cookery that a vast amount of experimental work has been done recently by the United States department of agriculture and by universities and colleges.

#### Old Ideas Dropped

This interesting and practical new knowledge will be presented by Miss Chambers in her clear-cut talks and expert demonstrations. It is easier to do things the right way, Miss Chambers proves; and many fussy, old-fogey ways and ideas are swept into the discard.

The best, easiest and most economical ways of preparing the various cuts of meat—beef, pork, veal and lamb—will be demonstrated. Along with these will be demonstrations of all other types of foods which go to make up the complete meal. Salads, vegetable dishes, pastries, frozen dishes—all the items which are included in the balanced menu for the entire family—will be presented at the cooking school.

The Times believes that this program will be the most valuable, up-to-the-minute and thoroughly interesting presentation of cookery ever offered to the housewives of Indianapolis. Every woman who has the welfare of her family at heart will find it worth while to put aside other engagements in order to be present at every session, beginning tomorrow.

Remember the dates!  
Remember the place!

#### School Is Free

Remember that the school is absolutely free, a gift of The Times to its readers and the general public of this city. There are no obligations of any sort.

Every effort is being made to accommodate the largest number of women—and of men, too, for they will be welcome—so that all may hear and see clearly as Miss Chambers gives demonstrations. A complete kitchen will be installed upon the theater stage and the various dishes will be made ready, every step in the preparation shown, and then cooked before the audience.

The result can not only be seen but "proved"—if the "proof of the pudding is in the eating"—for some lucky members of each class will be given samples to take home!

Incidentally, the newest in kitchen appliances and the ways of using them will be shown as the lessons progress.

Be sure to be there, as guest of The Times.

#### EXPLAINS MEAT COOKING

Use of Moist and Dry Heat Told by  
Times' Expert.

"There are only two ways to cook meats," says Miss Ruth Chambers, director of The Times' free cooking school, which opens tomorrow at the Murat theater.

MISS RUTH CHAMBERS TO CONDUCT TIMES COOKING SCHOOL



Miss Ruth Chambers, specialist in home economics, will open The Times Free Cooking school tomorrow at the Murat theater. The school will continue Wednesday and Thursday. Miss Chambers conducted a similar school last February for The Times.

Recipes for different and economical foods will be given in the school, and valuable gifts will be given some of the attendants at the school.

### MEAT SALAD RATES AS MEAL MAINSTAY

#### Menus of Tea Rooms Show Possibilities.

Tearooms have taught modern women the value of a meat salad as the main dish for a meal.

The varieties of these salads is endless, and they need only the accompaniment of bread, rolls, or some sort of wafer, with a beverage, to make a satisfying and well balanced luncheon. The tearooms long ago discovered how popular this combination of food may be, and the idea is now being adapted for home use.

Besides the tastiness and daintiness of food served in this way, an advantage the meat salad offers which will please a busy housewife is that it may be prepared ahead of time at some un hurried part of the day. To the thrifty woman, such a menu suggests an appetizing way of making use of leftover meat and vegetables.

#### 'LEFTOVERS' UTILIZED

Interesting Dishes on Program of Cooking School.

Even an economical housewife can not plan her menus so carefully that she will not be faced with the problem of "left overs." Miss Chambers has planned interesting dishes to take care of these bits of foods, combining them with others in ways that allow one flavor to enhance another. You will find, probably to your surprise, that some of these economy dishes are the most interesting ones on the program.

Meat loaves, meat pies, savory stews, pot roasts and chuck steaks are included in the inexpensive cuts of meats and meat dishes which are to be offered in the classes of The Times Cooking School.

### Practical Values Will Be Urged at Cooking Show

#### Marketing Problems Also Will Be Stressed by Times Expert.

To be of utmost practical value to the housewife in the average home is the aim of The Times' Cooking School to be given tomorrow.

Problems of marketing, of buying economically, of planning varied and healthful menus for three meals a day, easy ways of cooking, shortcuts in preparing meals, all these topics will be discussed by Miss Ruth Chambers, who is conducting the school.

An interesting feature of the program will be the way in which entire meals are planned and demonstrated. A wide variety of cuts of meat, each cooked according to the method best suited to its kind, will serve as the basis of the meals.

The vegetables to accompany the roast or chops or steak or meat loaf will be prepared at the same time. Salads and desserts will round out the program.

These menus will be arranged with the average family in mind. Ease of preparation will be considered. Oven-cooked meals, dishes prepared ahead of time, ways of utilizing left-overs, these and similar topics will be considered.

Simple food, well prepared and daintily served is recommended for the family's daily fare. Surprising and interesting new dishes are also introduced. If you would avoid monotony in the meals you serve and if you want to do things correctly and beautifully you'll take advantage of this opportunity which The Times' new and different cooking school is bringing to you.

### PIE FRYING TO BE DEMONSTRATED HERE

#### Recipe Will Be Among New Ones at School.

A fried pie! That is one of the novelties which will take its place in the "Parade of the Foods," which Miss Ruth Chambers will present during the course of cooking school. The pie will be made and fried while you watch and so clearly will the directions be given that you can go right home and bake—no, fry—a pie for dinner.

This is one of the new and delicious recipes which are to be demonstrated at The Times Cooking School. The housewives of Indianapolis will learn so many new recipes and clever ways of doing things that cooking will become a gay adventure instead of a humdrum task.

The "good old standbys"—the substantial foods upon which meals are based—come in for their share of attention, too, but even in roasting and broiling and stewing there are new methods. Keep up with the new ideas.

Be sure to be on hand early. The doors are open at 1 p. m. tomorrow.

There will be gifts at each session and a grand prize at the close of the school. And the delicious food prepared each day and shown in the closing "parade of foods" will be given away to lucky members of the audience.

### PARTY DAY TO BE FEATURE OF COOKING SCHOOL

#### Food Suggestions for Home Entertaining Will Be on Program.

There is likely to be an epidemic of entertaining in the homes of this city as a result of the cooking demonstrations put on by Miss Ruth Chambers at The Times Cooking School. "Party day" is to be one of the features on the program.

Every session will be a "party" for the guests at the cooking school, with good times, good food and gifts, but the "party day" will feature suggestions for entertaining in your own home.

Ice cream pie for dessert is one suggestion. Miss Chambers is going to make one and show just how she does it. It will be displayed with fitting ceremony in the "parade of foods."

Recipes for other unusual dishes are given and the program will contain a wealth of suggestions for the hostess who takes pride in her charming luncheons and delicious dinners. Foods served in this gala fashion are not necessarily the most expensive. It is largely a matter of care in preparation and serving, as Miss Chambers will demonstrate.

New combinations of foods impart novelty to the menu. Fruits combined with the meat course offer chances for beautiful effects. Every dish prepared at the school is presented in the most attractive form. The display of dishes at the end of each session is a real "art exhibit" in foods. It is certain to inspire any home-maker with a desire to try out some of these new effects and then to exhibit her success to her friends.

The Times Cooking School will begin tomorrow and continue for three days. Sessions will be held each afternoon at 2 at the Murat theater. The doors will be open at 1 o'clock.

### ANTI-FATTENING FOODS EXPLAINED BY EXPERT

'Eat Lean Meat,' Is Order of Times' School Instructor.

Even though the Mae West figure, with its generous curves, has been accepted as the ideal silhouette for winter fashions, women still dread becoming fat. Miss Ruth Chambers, director of The Times cooking school, feels that women can eat and still retain their charm, however.

"Eat plenty of lean meat, to prevent that starved feeling between meals," she advises.

In her lessons in cookery, which she will give at the Murat theater, beginning tomorrow and continuing through Wednesday and Thursday, Miss Chambers will give basic reducing diets, included in which are nutritious foods which are not fattening.

### CLERKS LEARN COOKING

Former Business Women Study in Times School.

In the face of economic pressure, many women who have known little of the art of cooking have been forced to learn the secrets of the preparation of food. The surprising thing about such a procedure, according to Miss Ruth Chambers, director of The Times cooking school, is that they like it.

"Women who knew little about the intricacies of the kitchen, but who were adept in the latest filing systems, typewriters and office gadgets, are discovering that there is a real lure to cooking," Miss Chambers said. "They are the most interested pupils in these cooking schools, and I am afraid that the lure of the kitchen will be a lasting attraction for them."