

## VARIOUS DISHES WILL BE SHOWN TO CITY GROUPS

More Than Dozen Offerings  
Will Be Presented  
Each Day.

In the number of dishes prepared, the practical value of the demonstrations and the general richness of the program offered, The Times new and different cooking school, to begin tomorrow bids fair to surpass anything in this line ever offered to the home-makers of Indianapolis.

Miss Ruth Chambers, cooking expert of the national Live Stock and Meat Board who conducts the school, has as her assistant a young woman who is a veritable artist in arranging and garnishing the dishes for display.

With two such experts in charge, The Times cooking school is able to offer a much more interesting and varied program than most cooking schools can boast. Each day will see the preparation of a dozen or more dishes, including, in addition to the meat dishes, the salads and vegetables, the pies, cakes and puddings, which Miss Chambers will suggest as accompaniment to the main course. Delectable stuffings and special sauces will also be prepared and the recipes for these given.

The Times School will be a cooking school de luxe, for Miss Chambers conducts her sessions so that the foods are beautifully arranged for a final display which marks the end of each day's program. This closing array of dishes is like a picture exhibit.

Crisp lettuce, parsley and carrots are used in new and artistic fashion as garnishing, and even the plebeian onion is knowingly employed to grace the presentation of savory roasts, steaks and chops.

These are pies and cakes of exquisite perfection, salads crisp and tempting, vegetables cooked as vegetables were meant to be cooked, all displayed in picturesque order as a "grand finale" to each day's session.

The method of obtaining such beautiful results are shown, step by step. Then, when all have seen and admired them, Miss Chambers gives away the delicious dishes to certain lucky members of the audience.

### GIVE FAMILY BREAKS, SAYS RUTH CHAMBERS

If Mother Serves Tasty Dishes, Children Will Eat More.

Like charity, the art of preparing foods daintily and attractively should be practiced at home. "Don't reserve all of your pretty tricks for company," Miss Ruth Chambers, director of The Times cooking school, warns her classes.

Garnishing a dish tastily is more than just an added "frill," according to this cooking expert. It may be a way of serving the accompanying vegetables in a manner more tempting than usual. The mother who knows how to garnish roasts of beef, veal or lamb with browned potatoes, rice or potato croquets is a clever one. If she has learned such tricks as filling mashed potato cups with green peas or diced vegetables served with meat, it may make unnecessary the stern command, "Johnny, eat your vegetables!"

### SUCCESSFUL COOKING LACKS LUCK ELEMENT

School Director Declares Accuracy Is Main Essential.

Good cooking isn't a matter of luck, insists Miss Ruth Chambers, director of The Times cooking school.

"The old-fashioned cook used to explain her success with various dishes as lucky, but the modern woman knows that it depends upon accuracy in measuring, mixing and baking," Miss Chambers says.

Although some women have a natural sense of proportions, an ability to judge measurements by the eye, and an instinctive sense of timing, any woman can achieve the same results as those of the "born cook" with reliable recipes and the habit of doing things in the right way.

#### Parking Space Available.

With the location of the Murat theater at New Jersey street and Massachusetts avenue, Indianapolis women who intend to drive to the cooking school being held under sponsorship of The Times will find sufficient parking space for their cars.

## COOKING SCHOOL SCENES WILL BE REPEALED AT MURAT



Hundreds of women attended The Times cooking school last February, which was similar to the one which will open in the Murat theater tomorrow, under the direction of Miss Ruth Chambers. The picture shows one of the classes in last year's school.

Indications are that this year's school will equal, and possibly surpass, that of last year in attendance.

Valuable gifts are to be given during the sessions. Each day twenty baskets of food will be distributed to fortunate members of the classes.

## BUDGET CONTROL WILL BE TOPIC

### Food Expert Will Explain Methods to Stretch Menu Dollar.

Help in balancing the troublesome budget will be offered perplexed housewives who attend The Times Cooking School to begin tomorrow at the Murat theater. Ways whereby the food dollar can be stretched farthest will be discussed by Miss Ruth Chambers, noted home economist who will conduct the school.

Since meat is the basis of the well-balanced diet, special attention will be given to the selection and preparation of meat dishes, although the other items on the dinner menu also will receive a full share of attention.

The cooking of the less demanded cuts will be an interesting and an important topic on the program. The newest methods of cooking meats of all kinds will be set forth and it is in this field that many new facts have been brought to light by research conducted by the United States department of agriculture and by colleges and universities.

Every housewife owes it to herself and her family to attend The Times Cooking School in order to obtain this up-to-the-minute information on food and cookery topics. Even if she has had special training in home economics, she will find this school of great value in giving her the newest knowledge in this field.

#### Attendance Boost Expected

Attendance at the cooking school of The Times this week at the Murat theater is expected to break all previous records for similar demonstrations. Accommodations have been made to handle the large crowd in the theater and the doors will be open at noon before each of the 2 p. m. shows.

## Numerous Gifts Will Be Presented During School

### Kelvinator, Gas Range and Other Articles to Be Awarded.

Twenty baskets of food will be given away at each session of The Times cooking school. Included in these will be products from nationally known food companies. In addition to these a number of other valuable gifts will be presented to fortunate members of the class. One will be a Kelvinator refrigerator; another a Chambers gas range.

Other gifts will include an electric Mix Master, four Kontanerettes (containers for refrigerators), ice cream cakes, Congoleum rugs, flowered, cooked foods and a case of Riso.

These gifts will be donations from firms co-operating with The Times in the school. Represented in the products used in the school, and in the valuable gifts offered, are the Indianapolis Milk Dealers' Association, the William H. Block Company, Pearson Piano Company, Lever Brothers, K. C. Baking Powder Company, Pillsbury Flour Company, La Choy Products, Mor-

### ECONOMY COOKING GOAL

#### Women Interested in Simplified Methods, Miss Chambers Asserts.

Women are interested in modern, simplified methods of cooking, according to Miss Ruth Chambers, director of The Times Cooking School, which opens tomorrow at the Murat theater.

"Balanced meals which have variety, and foods which are economical as well as palatable, are the features of the lessons in which women take the most interest," she says.

In the menus planned by Miss Chambers, less expensive cuts of meat will hold an important part.

ton Salt Company, A. & P. groceries, Marott Shoe store, Furnas Ice Cream Company, Baker Brothers Furniture Company, Beaute-Arts salon, Crosley Radio, Bertermen's, Domont Gingerales, Jack Frost Sugar Company, National Biscuit Company, Quaker Oats Company, Kellogg's, and the manufacturers of Babo.

## MODERN COOKS USE OLD CHINESE IDEAS

### Fruit and Meat Make a Sound Combination.

The modern school of cookery has borrowed from the ancient Chinese customs the habit of cooking and serving fruit with meat. It's just another proof that these Chinese are really clever. The combination has been found to be correct from a dietary standpoint.

The food value of meat, the protein and fats, are supplemented by the starches, the sugar, acid qualities, and tart flavor of the fruit. Pork and apple sauce or fried apples have long been affinities. Then pineapple found its way to the meat course, in the celebrated combination of lamb chops and pineapple. Now other fruits have been added to the list of those to be combined with meats.

Cut bananas, browned in butter, are to be served with sirloin steak. Canned pears, drained and placed in the baking dish around the roast ten or fifteen minutes before it is done, aid to the flavor of the meat. Other fruits will be suggested for similar uses in the classes of The Times cooking school.

## Oven Cooking Secrets Shown

Do you wait until your oven is very hot before placing your roast in it? Do you know that you could begin cooking the roast in a cold oven with most satisfactory results? Miss Ruth Chambers, who is conducting The Times cooking school, says that you could. She declares that searing isn't necessary either for a roast or a broiled steak.

Moreover, this cooking expert declares that basting a roast is out of date. There is a better way to keep the meat juicy as it cooks, and that is to place it in the pan with the fat side up. The fat, as it melts, does the basting for you.

These are a few of the latest styles in cookery which are to be described and demonstrated at The Times Cooking School. The reasons as well as the methods will be explained. You'll learn how to cook a roast to prevent shrinkage—a feature which ought to be important when there are many plates to be heaped high around the family board.

You'll be told how many times to turn a steak while broiling it. You'll learn what makes a pie crust flaky and which vegetables contain vitamin A. You'll learn many a new

trick to make your kitchen tasks lighter.

Best of all, you'll have a good time acquiring this knowledge for The Times cooking school is the most entertaining school you've ever attended! You won't want to "play hooky" from a single session.

The school is free. You are not obliged in any way by attending. You will be a welcome guest of The Times and you are assured of a happy time.

The dates are tomorrow, Wednesday and Thursday. Come on the first day and you won't let anything keep you away from the following sessions.

## COOKING SIMPLE, TIMES EXPERT WILL REVEAL

Miss Chambers Is Known  
Nationally as Leader  
in Line.

The Times is proud to present Miss Ruth Chambers as conductor of its Free Cooking School, which is to be held tomorrow, Wednesday and Thursday at the Murat theater.

Miss Chambers is a representative of the National Live Stock and Meat Board and the information she will give about meat cookery is the most authentic there is. Her organization is the "clearing house" for experimental work and research about meat conducted by the United States department of agriculture and colleges and universities of twenty-six states.

Miss Chambers is one of the best known cooking school teachers in the United States.

Besides knowing her subject thoroughly in all its aspects, she has the ability to impart her knowledge to her hearers and to win and hold their interest. There is nothing cut-and-dried, nothing dull about her talks and demonstrations. She is a writer on domestic science topics for newspapers and magazines and is also well known as a radio speaker. Therefore she knows how to present her subject in vivid, entertaining fashion.

Moreover, Miss Chambers' professional training has been reinforced by practical experience. As long as she can remember, she declares, she has loved to cook. But she does not subscribe to the theory that "good cooks are born, not made."

"Any girl or woman can learn to cook," says Miss Chambers, "and it is one art she should certainly acquire. It is based upon science, upon the right way of doing things, and that can be acquired.

"There will be nothing included in this cooking school which the woman of average means and skill can not duplicate in her own home," Miss Chambers promises. "My aim is to pass along recipes and ideas which housewives can make use of in preparing everyday as well as company meals."

Miss Chambers has a pleasing personality and a winning friendliness which gives special charm and "hominess" to her cooking classes.

"She's just like a good cook in her own kitchen giving her favorite recipes to her best friend," declared one member of a cooking school class, describing Miss Chambers' methods.

You'll be entertained as well as instructed at these sessions. Jot down the dates tomorrow, Wednesday and Thursday, and the place. Watch The Times for further information.

## SCIENTIFIC METHODS SHOWN HOUSEWIVES

### Nutrition Is Important as Well as Flavor.

Cooking as a science has been recognized for a number of years. Recipes have been developed which take into consideration the best methods of preparing different foods, not only from a desire for flavor, but from a nutrition standpoint.

Tests have been made by the United States department of agriculture which show that a rolled roast requires from ten to fifteen minutes more per pound to cook than does a standing rib roast, and that a short chunky roast requires more minutes per pound than a roast in which the ribs are long.

These scientific details of cooking will be explained to women attending The Times cooking school, which opens tomorrow at the Murat theater.

### EXPERT IS 'SHOWMAN'

#### There Is Drama in Cooking, Says Miss Chambers.

There is drama in cooking, and Miss Ruth Chambers, director of The Times free cooking school, is a real "showman." In the course of lessons which she will give at the Murat theater, beginning tomorrow, and continuing through Wednesday and Thursday, Miss Chambers will present novel and intriguing ways of preparing foods for festive occasions.

Menus suitable to parties, luncheons, and the coming holidays, will be given by this expert. Miss Chambers believes that women, while they realize the value of cooking nutritious and good foods, are also interested in the preparation of inviting dishes.