

The real Lemma is $C(a \times b) = \frac{1}{\det(C^{-1})^T} [(C^{-T}a) \times (C^{-T}b)] = (\det C) [(C^{-1})^T a \times (C^{-1})^T b]$

want to show: $M a \times M b = (\det M) (M^{-1})^T (a \times b)$

$M^{-1} = \frac{1}{\det M} M_{\text{cof}}$

where $M_{\text{cof}} = \begin{bmatrix} |M|_{11} & |M|_{21} & |M|_{31} \\ |M|_{12} & |M|_{22} & |M|_{32} \\ |M|_{13} & |M|_{23} & |M|_{33} \end{bmatrix}$

$(m_1 a_1 + m_2 a_2 + m_3 a_3) \times (m_1 b_1 + m_2 b_2 + m_3 b_3)$
 $= \cancel{a^1 b^1} (m_1 \times m_2) + \cancel{a^1 b^3} m_1 \times m_3 + \cancel{a^2 b^1} (m_2 \times m_1) + \cancel{a^2 b^3} (m_2 \times m_3) + \cancel{a^3 b^1} (m_3 \times m_1) + \cancel{a^3 b^2} (m_3 \times m_2)$

$= \frac{(\det M)}{\det M} \frac{1}{\det M} M_{\text{cof}}^T (a \times b)$

$= \underbrace{(a^1 b^2 - a^2 b^1)}_{Z^3} (\vec{m}_1 \times \vec{m}_2) + \underbrace{(a^1 b^3 - a^3 b^1)}_{-Z^2} (\vec{m}_1 \times \vec{m}_3) + \underbrace{(a^2 b^3 - a^3 b^2)}_{Z^1} (m_2 \times m_3)$

Note $a \times b = \begin{vmatrix} i & j & k \\ a^1 & a^2 & a^3 \\ b^1 & b^2 & b^3 \end{vmatrix} = \begin{bmatrix} a^2 b^3 - a^3 b^2 \\ -(a^1 b^3 - a^3 b^1) \\ a^1 b^2 - a^2 b^1 \end{bmatrix}$

Let

$\vec{m}_1 = \begin{bmatrix} m^1 \\ m^2 \\ m^3 \end{bmatrix}$ $\vec{m}_2 = \begin{bmatrix} n^1 \\ n^2 \\ n^3 \end{bmatrix}$ $\vec{m}_3 = \begin{bmatrix} p^1 \\ p^2 \\ p^3 \end{bmatrix}$

$\vec{m}_1 \times \vec{m}_2 = \begin{vmatrix} i & j & k \\ m^1 & m^2 & m^3 \\ n^1 & n^2 & n^3 \end{vmatrix} = \begin{bmatrix} m^2 n^3 - m^3 n^2 \\ -(m^1 n^3 - m^3 n^1) \\ m^1 n^2 - m^2 n^1 \end{bmatrix} = \begin{bmatrix} M_{13} \\ M_{23} \\ M_{33} \end{bmatrix}$

$\begin{bmatrix} | & | & | \\ m_1 & m_2 & m_3 \\ | & | & | \end{bmatrix} = \begin{bmatrix} m_1 & n_1 & p_1 \\ m_2 & n_2 & p_2 \\ m_3 & n_3 & p_3 \end{bmatrix}$

$\vec{m}_1 \times \vec{m}_3 = \begin{vmatrix} i & j & k \\ m^1 & m^2 & m^3 \\ p^1 & p^2 & p^3 \end{vmatrix} = \begin{bmatrix} m^2 p^3 - m^3 p^2 \\ -(m^1 p^3 - m^3 p^1) \\ m^1 p^2 - m^2 p^1 \end{bmatrix} = \begin{bmatrix} M_{12} \\ M_{22} \\ M_{32} \end{bmatrix}$

$\vec{m}_2 \times \vec{m}_3 = \begin{vmatrix} i & j & k \\ n^1 & n^2 & n^3 \\ p^1 & p^2 & p^3 \end{vmatrix} = \begin{bmatrix} n^2 p^3 - n^3 p^2 \\ -(n^1 p^3 - n^3 p^1) \\ n^1 p^2 - n^2 p^1 \end{bmatrix} = \begin{bmatrix} M_{11} \\ M_{21} \\ M_{31} \end{bmatrix}$

$Z^3 \begin{bmatrix} M_{13} \\ M_{23} \\ M_{33} \end{bmatrix} + -Z^2 \begin{bmatrix} M_{12} \\ M_{22} \\ M_{32} \end{bmatrix} + Z^1 \begin{bmatrix} M_{11} \\ M_{21} \\ M_{31} \end{bmatrix} = \underbrace{\begin{bmatrix} M_{11} & M_{12} & M_{13} \\ M_{21} & M_{22} & M_{23} \\ M_{31} & M_{32} & M_{33} \end{bmatrix}}_{M_{\text{cof}}^T} \begin{bmatrix} Z^1 \\ -Z^2 \\ Z^3 \end{bmatrix} = M_{\text{cof}}^T (\vec{a} \times \vec{b})$

QED