

THE "PROOF" OF THE PIE

Miss Camp Turns Attention To Art Of Pastry Making

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Like the proverbial pudding, the proof of the pie is in the eating. Ask any man—for its more than likely his favorite dessert. And this preference seems to be universal, judging from menus of restaurants that cater to men.

So let us then become perfected in this art of making good pastry and good fillings. Most of my queries have been about the pastry crust—so on that I must dwell.

Good crust is not a matter of luck, it is the result of careful methods, accurate measuring and correct baking temperatures.

Bread flour makes a flaky crust, and pastry flour makes a crumbly, tender crust.

The shortening largely determines the flavor of the pie crust, so a good quality should be used. Fresh lard of vegetable fat is usually preferred.

The inexperienced baker generally shows a tendency to overmix the materials for pie crust. The fat should be cut into the flour with two knives or a pastry blender, until the mixture is somewhat coarser than meal. Next add a little ice water and mix with a knife. Stir just enough to make it hold together. Handle quickly, reducing both the time and the handling of the dough to a minimum.

Cold ingredients and utensils are important factors in the making of tender, flaky pie crust.

For convenience in rolling pastry, use a canvas cloth over the board or table and the leg of a

white baby stocking over the rolling pin. Flour lightly. Start rolling pin from center with a light, springy touch. The dough may be turned over or placed on pan by rolling first onto rolling pin, then unrolling where desired. This prevents tearing and stretching in handling.

Use one and one-half cups flour, one-half cup shortening, 1-2 teaspoon salt; four tablespoons cold water to make one, eight inch double pie crust. Bake single shell 15 minutes at 450c.

Meringues

Successful meringues are tender fine textured and fluffy. They do not separate from the pie filling, become watery, or shrink. For a nine inch pie, allow six tablespoons granulated sugar to three egg whites. Beat egg whites until foamy throughout. Then add sugar, 2 tablespoons at the time and beat after each addition until the sugar is thoroughly blended. When all sugar is added, continue beating until the mixture will stand in peaks. Pile lightly on filled pie, and bake 20 minutes at 300 deg. F. The foamy stage to which the whites are beaten, the thorough beating, and the moderate temperature are essential to a successful meringue.

I have been asked several times why some pie fillings thicken with cornstarch and become very thin when left in the oven too long—or until the meringue is done.

This happens particularly in fruit pies. This is a problem in food chemistry. When starch is acted on by certain acids, it changes composition as is readily soluble in water as starch is not. If this acid action is continued, the change is more complete and the starch becomes a sugar. Heat quickens his chemical change. Us-

ally the fruit juice and starch is cooked together and the change started—so when more heat is applied in the browning of the meringue, enough of the substance is produced to become evident by the thinning out of the pie filling.

Another recent question was how to prevent custard pies from becoming "watery"—one way is to use a little flour—mix it with your sugar and eggs and add your scalded milk to this.

Have you ever tasted a Rose Leaf Pie? I received this recipe today—maybe you would like to try this unusual pie.

"A large, double rose, by the name of the 'Hundred-Leaf Rose', was used by my mother. The petals were removed, carefully examined, and mashed. The pie crust before baking was filled as full as possible with the mashed petals, sugar added as in a berry

pit, the top crust adjusted and baked. The pies were most unusual and delicious."

Lemon Meringue Pie

1 cup sugar
1 cup boiling water
3 or 4 eggs
1 tablespoon flour
3 tablespoons butter
Juice of 1 or 2 lemons
Grated rind of 1 lemon.
Reserve egg whites for meringue. Mix flour and sugar. Add water and butter, cook until clear. Add lemon juice and lemon rind. Pour over beaten egg yolks. Cook three minutes. Pour into baked pastry shell. Drop meringue on top. Bake as directed for meringue.

Asked on the witness stand what of her husbands means, Mrs. J. C. Cowin of Chicago replied: "Yes, he's always playing poker and always losing."

BEWARE of the SNEEZE

A SNEEZE is nature's warning something is wrong in the nose and throat. A COLD generally starts with a sneeze, and if treatment is started at this first warning, the severe symptoms of the ordinary cold may be warded off.

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You are not likely to cure your constipation with salts, pills, tablets, or any of the habit-forming cathartics. But you can correct this condition by gentle regulation with a suitable liquid laxative.

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This is the way many men and women have made their bowels as regular as clockwork in a very short time.

First: select a properly prepared liquid laxative. Second: take the dose you find suited to your system. Third: gradually reduce the dose until bowels are moving of their own accord.

Simple, isn't it? And it works! The right liquid laxative brings thorough bowel action without

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Hospitals and doctors have always used liquid laxatives. The dose can be measured, and the action controlled. Pills and tablets containing drugs of violent action are hard on the bowels.

If there are children in your household, don't give them any form of laxative, but use a healthful, helpful preparation like syrup pepsin. Its very taste will tell you it is wholesome, and agreeable to the stomach. Delightful taste, and delightful action; there is no discomfort at the time, or after. Ask your druggist for Dr. Caldwell's Syrup Pepsin, all ready to take.