pies and pastry

With helpful hints and
50 Tested Recipes
by Sarah Field Splint
Pies and Pastries
ICINGS AND FROSTINGS

by Sarah Field Splint
Editor Food Department, McCall's Magazine
Formerly:
Chief of Division of Food Conservation, U. S. Food Administration;
Associate Editor, The Delineator; Editor, The Woman's Magazine

Procter & Gamble
CINCINNATI, OHIO
Light, tender Cakes, fluffy Biscuits and crisp, digestible Fried Foods, too

Crisco, of course, is by no means limited to making pie crust and pastry. Use Crisco whenever your recipe calls for a shortening or cooking fat.

With Crisco you will find you can make delicious cakes that no one can tell from cakes made with expensive butter. Crisco makes lovely light, fluffy muffins and biscuits, too; delicious and dainty desserts.

And for frying, in the deep kettle, in the frying pan or on the griddle, Crisco is one of the things we used to think almost too good to be true. At proper frying temperatures, Crisco makes no smoke nor unpleasant odor to fill the other rooms of your home. And your fried foods turn out dainty and well-cooked—a crisp, appetizing brown outside and tender and digestible inside.

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To measure flour or other dry ingredients accurately heap up the material in a cup and then level it off with a knife or spatula.

To measure quarter or half spoonfuls of Crisco or dry ingredients when one doesn’t possess a set of measuring spoons, level off an ordinary spoonful with a knife, cut lengthwise through the center to make a half spoonful, and again crosswise (as shown in illustration) for a quarter spoonful.
THE proof of the pudding is in the eating and the proof of the pastry too. There are pastries and pastries, all built on the same simple foundation of flour, shortening and water with a dash of salt, yet varying in results all the way from the young bride’s first soggy pie to the experienced housewife’s light-as-thistledown puff paste.

Two important principles underlie pastry making. They are short and easily remembered. In colloquial language they are: “Keep the water out” and “Get the air in.” In other words, pastry that is made with too much water is tough and hard, while pastry that is kneaded and prodded and crushed beneath a rolling pin makes a fine substitute for shoe leather.

So when you make pastry use the smallest amount of liquid that will hold the ingredients together.

Then handle it quickly and gently. There is an old ballad which goes:

“Would you gain the tender creature
Gently, softly, kindly treat her,”

and pastry is just like that. A heavy touch spoils everything. Air must be worked into pastry, not forced out of it, for when the heat of the oven is applied the air will expand and make a light, air-filled crust.

Closely related to the question of liquid in pastry is the amount and kind of shortening used. Generally speaking, the less water and the more shortening the flakier the pastry will be. A soft, moist shortening has almost the effect of liquid on pastry, making it tough and rubbery.

For this reason, Crisco, which becomes hard when kept for some time in a cold place, is the ideal shortening. Instead of melting and contributing its share of moisture to the dough,
Be sure the ingredients for pastry are very cold. Cut the Crisco into the flour with a knife until the flour appears MEALY; that is, until the Crisco is cut into VERY fine pieces and is thoroughly mixed through the flour.

In making Puff Pastry, most of the Crisco, instead of being cut into the dough, is shaped into a flat circular piece and rolled and folded in, in order to enclose as much air as possible. (See Puff Paste recipe, page 11)
it remains in tiny pieces which melt only in the heat of the oven and produce the much-desired "shortness."

There are two kinds of pastry—plain pastry and puff pastry. In the latter most of the shortening instead of being cut into the dough is rolled and folded in. Puff pastry is more complicated than plain pastry. It is a *de luxe* product which the novice may hesitate to undertake, but once the art of making it is acquired, it offers all sorts of delightful possibilities and adds very much to a housewife’s prestige as a cook.

The baking of pastry plays a very important part in its success. The colder the pastry when it goes in the oven, the flakier it will be. The oven should be hot enough to start it rising quickly, then the heat reduced for the remainder of the time in order that the filling may be thoroughly cooked. The upper crust of covered pies should be pricked to allow the steam to escape. The edges may be trimmed with a sharp knife and a fancy edge made by pinching with the fingers, or you may buy a little cutter that trims and makes a fancy edge at the same time.

When you are baking the empty shell for an open pie be very careful not to stretch the pastry as you lay it over the pan. Ease it in gently and trim it off a little beyond the edge of the pan to allow for shrinkage. Prick the bottom and side with a fork so that it will not blister while baking.

**SUCCESS SECRETS**

1. Use level measurements.
2. Sift flour before measuring. Use a reliable pastry flour if you cannot make good pastry with ordinary bread flour.
3. *All* pastry ingredients must be very cold.
4. Use only enough water to hold ingredients together. On this depends the tenderness of the pastry.
5. Handle pastry as little and as quickly as possible. Do not knead it with the hands.
When baking the empty shell for an open pie be careful not to stretch the pastry as you lay it over the pan. Ease it gently and trim it off with a sharp knife a little beyond the edge of the pan.

Patty shells or tarts can be made of plain or puff pastry. Cut rounds of pastry and bake over the bottom of inverted pans; or line tart pans with the pastry and prick bottom and sides with a fork.
6. Roll pastry out with a light, quick motion of the rolling pin.

7. Dust the board with flour when necessary, but use no more flour than is absolutely necessary to keep pastry from sticking.

8. Brush the lower crust of juicy fruit pies with white of egg before putting in the filling. It prevents a soggy under crust.

9. Bake pastry shells (without filling) in a quick oven. Prick them well with a fork so crust will not blister while baking.

10. Cool pastry shells before putting the filling in.

11. Crisco is the best shortening for pastry because it will remain solid at ordinary room temperature. The fat for good, flaky pastry should be cut through the flour into very tiny particles and never allowed to melt before it reaches the oven.

12. Pastry will keep in the ice box covered with wax paper for two or three days—or even longer in cold weather.

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**PLAIN PASTRY**

<table>
<thead>
<tr>
<th>2 cups flour</th>
<th>3/4 cup Crisco</th>
<th>Ice water</th>
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</thead>
<tbody>
<tr>
<td>1 1/2 teaspoons salt</td>
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</table>

Mix and sift flour and salt. Cut in the Crisco with a knife. Add only water enough to hold the ingredients together. Do not knead. Chill thoroughly. Divide dough in 2 parts and roll out thin on a slightly floured board. Line a pie pan with one-half the pastry. Pinch pastry with the fingers to make a fancy edge and prick bottom and sides with a fork. Bake in a very hot oven (460 degrees F.) 10 to 15 minutes. For a 2 crust pie, line pie pan with pastry, put in a filling, cover with top crust and bake as directed for pies.

If a less rich pastry is desired, use only 1/2 cup Crisco.

**DANISH PASTRY**

<table>
<thead>
<tr>
<th>2 1/2 cups flour</th>
<th>3/4 cup Crisco</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 teaspoons salt</td>
<td>1 egg</td>
</tr>
<tr>
<td>Ice water</td>
<td></td>
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</tbody>
</table>

Mix and sift flour and salt. Cut in Crisco with a knife. Add beaten egg and only enough water, a few drops at a time, to make the paste hold together.
Chill. Break off small pieces of paste, roll out on floured board to \( \frac{3}{8} \) inch thickness and fit over inverted muffin pans. Trim to fit. Prick with a fork and bake in a quick oven (425 degrees F.) 10 to 15 minutes.

**FLAKY PASTRY**

2 cups flour
1 teaspoon salt
\( \frac{3}{8} \) cup Crisco
Cold water

Mix and sift flour and salt. Cut in 2 tablespoons of the Crisco with a knife. Add enough water to make a stiff dough. Roll out in an oblong piece on a slightly floured board and dot with bits of Crisco, using \( \frac{1}{2} \) the remaining quantity. Fold over ends to the center and fold again to make 4 layers. Press ends together and roll out. Dot again with Crisco, fold and roll. Repeat this process a third time. Chill thoroughly.

This pastry may be used wherever plain pastry is called for.

**PUFF PASTE**

2 cups flour
1 \( \frac{1}{2} \) teaspoons salt
1 cup Crisco
Water

Mix and sift flour and salt. Cut in 2 tablespoons of the Crisco with a knife. Add only enough water, a few drops at a time, to make the paste hold together. Knead the dough 5 minutes, cover and chill. Roll out to \( \frac{3}{4} \) inch thickness, keeping the paste a little wider than long and corners square. Place remaining Crisco, softened and shaped into a circular piece in center of one-half of paste. Fold other half over it, pressing edges firmly to enclose as much air as possible. Fold right side over and left side under the enclosed Crisco. Chill. Roll out, keeping the paste always rectangular in shape and rolling away from you. Fold ends towards center, making 3 layers. Chill. Roll out, fold again, chill and repeat process 4 times. (Paste is better made the day before it is baked and should be icy cold when put in the oven.)

**PATTY SHELLS**

Roll out Puff Paste to \( \frac{1}{4} \) inch thickness. Cut with a round cutter, floured. Remove centers from \( \frac{1}{2} \) of these circles with a smaller cutter. Wet the edges of the whole circles and place the rings on them. Brush the tops carefully with slightly beaten egg mixed with 1 tablespoon water, taking care not to moisten the sides. Chill in ice box until paste is stiff. Bake in a hot oven (400 degrees F.) about 20 minutes. Bake the small centers in a quick oven (450 degrees F.) 10 minutes and use them as tops after the shells are filled.

**TART SHELLS**

Roll out Puff Paste to \( \frac{1}{8} \) inch thickness. Fit over inverted pie, muffin or patty pans. Prick bottom and sides all over with fork. Place on a baking sheet and bake in a quick oven (425 degrees F.) 15 to 20 minutes.

**APPLE DUMPLINGS**

Roll out Plain Pastry to \( \frac{3}{8} \) inch thickness. Cut in large circles. Cut tart apples in thin slices, and put a small amount in the center of each circle of
pastry. Sprinkle with sugar and a little nutmeg and dot with a small bit of Crisco. Moisten edge of pastry with water. Bring opposite edges to the center and press tightly together. Prick top to allow the steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce the heat to a moderate oven (350 degrees F.) and bake 15 to 20 minutes.

**Peach Dumplings**

Follow recipe for Apple Dumplings, using peaches instead of apples, and a few drops of lemon juice instead of nutmeg.

**Berry Dumplings**

Follow recipe for Apple Dumplings, using berries instead of the apples. Mix the berries with a little flour to thicken the syrup. Omit the nutmeg.

**Apple Pie**

| 5 or 6 large tart apples | 1 tablespoon Crisco |
| 1 cup sugar | 3/4 teaspoon nutmeg |
| 1/8 teaspoon cinnamon |

Wash, pare and cut apples in quarters. Remove cores and slice thin. Line a pan with Plain Pastry and put apples into it. Pour sugar over them and dot with bits of Crisco. Sprinkle with nutmeg and cinnamon. Moisten edge of pastry, cover with a top crust, trim and press edges together. Prick top to allow steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to moderate oven (325 degrees F.) and bake 25 minutes.

**One Crust Apple Pie**

| 4 large tart apples | 1 tablespoon Crisco |
| 1/2 cup sugar | Plain pastry |
| Few grains nutmeg | Whipped cream |

Wash, pare and core apples and cut in thin slices. Put them in the bottom of pie pan and sprinkle with sugar and nutmeg. Dot with small bits of Crisco. Roll Plain Pastry thin and fit over the apples. Trim off edge of the pastry and press with fingers or fork to make a fancy edge. Prick top to allow steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to a moderate oven (325 degrees F.) and bake 20 minutes. Cool. Turn out upside down on a serving dish. Cover with whipped cream, sweetened and flavored.

**Cobblestone Pie**

| 4 large tart apples | 1 tablespoon Crisco |
| Plain pastry | 1/4 teaspoon nutmeg |
| 1 cup sugar | 1/8 teaspoon cinnamon |

Wash, pare and cut apples in quarters. Remove the cores. Line a pie pan with Plain Pastry, pinch with fingers to make a fancy edge, and fit apples into it to represent cobblestones. Pour the sugar over them and dot with small
549 Tested Recipes
most of them for practical, everyday foods; but many recipes for delightfully different specialty dishes for parties, formal dinners and special occasions. Each recipe is clear and easy to follow. Each makes a perfectly delicious dish.

Do you know
—what is the Russian style of serving?
—if fish is really a "brain food"?
—what foods supply energy?—which ones build bone and muscle?—which regulate body processes?
—how to keep your cakes from falling?
—why cheese is an important factor in diet?
—how to tell whether an egg is fresh?
—how to keep the nourishing juices in meats?

—how you can get your family to eat more of the healthful salads?
—how many cups of flour there are to a pound?
—how many fowl to buy to make Chicken à la King for 50 people?
—what are two secrets of baking flaky pastry?

These are but a few of the hundreds of cooking and serving questions answered by Sarah Field Splint in "The Art of Cooking and Serving."
In her "The Art of Cooking and Serving" Sarah Field Splint has made a notable contribution to Homemaking.

Homemakers, it would appear, are in need of a concise, authentic reference book on modern cooking and serving. Though our standards of living are higher today than ever before, they are simpler—for common sense and the new knowledge about health have shaped them. The lavish, formal customs of twenty or even ten years ago now seem pretentious and out of date.

With these facts in mind, we have published "The Art of Cooking and Serving." Sarah Field Splint, its author, doubtless needs no introduction to you. She is Editor of the Food Department of McCall’s Magazine. During the war she was Chief of the Division of Food Conservation in the U. S. Food Administration. She has been Associate Editor of The Delineator and Editor of The Woman’s Magazine.

In "The Art of Cooking and Serving" Miss Splint answers your everyday housekeeping questions, and your out-of-the-ordinary problems, too, in a clear, helpful way and with sympathetic understanding.

There are 549 tested recipes and 157 different "success secrets" and short-cuts—for every class of cooking. Each of the recipes makes a delicious dish. Most of them are for practical, everyday foods—simple and easy to prepare. But there are a number of recipes for specialty dishes—for parties, company dinners and those special occasions when you would like to serve "something a little different."

But "The Art of Cooking and Serving" is much more than simply another recipe book. It presents the latest information on nutrition and table service and countless other valuable suggestions.

For example: If you keep house without a servant, Miss Splint tells you how to plan and prepare your meals so that they are nourishing and pleasant—and how to serve them without over-exertion and wasted effort. She gives numbers of suggestions which help to make entertaining at meals more a delight and less a bothersome ordeal.

If, on the other hand, you have one or more servants, Miss Splint realizes that thereby your problems are not necessarily at an end. From her wealth of experience she gives to you helpful hints which will serve to make your days more pleasant. Questions of the latest approved table service, good taste in linen, silver and glassware are intimately discussed.
Just glance through this Table of Contents

Every topic of service and cooking on which you wish information is treated in a helpful, intelligent way. A cross-index (at rear of book) makes it easy to refer to any subject.

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Cincinnati, Ohio

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Street Address: ...........................................
City: .................................................... State
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Crisco is the cream of refined edible vegetable oils.
It is used for frying, for shortening, for cake making.
It makes more appetizing foods.
It is economical and easy to use. It is digestible.
It is odorless and neutral in flavor.
It is 100% shortening.
Use Crisco wherever you need a shortening—in pies, pastries, biscuits, muffins, breads.
Use Crisco instead of butter in the most delicate cakes.
Use Crisco over and over again for frying. The taste of one food is not carried over into the next food fried in the same Crisco, if it is carefully strained through several thicknesses of clean cheesecloth.
Compare Crisco with whatever cooking fat you have been using. Put a little of each fat on the tip of a spoon. Taste first one and then the other, and notice how the sweet delicate flavor of the Crisco shows up in the comparison.

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CINCINNATI
bits of Crisco. Sprinkle with nutmeg and cinnamon. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce the heat to moderate oven (325 degrees F.) and bake 20 minutes, or until apples are tender.

**BLUEBERRY PIE**

2 1/2 cups blueberries  
Plain pastry  
1 teaspoon lemon juice

Wash and pick over blueberries. Drain. Line a pie pan with Plain Pastry. Mix sugar, flour and lemon juice with blueberries. Turn into the pie pan and moisten edge of pastry with water. Cover with a top crust, trim and press edges together. Prick top with a fork to allow the steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce the heat to moderate oven (350 degrees F.) and bake 20 minutes.

**CHOCOLATE PIE**

Plain pastry  
2 squares unsweetened chocolate  
3 eggs  
1 cup cream

Line a pie pan with Plain Pastry and pinch with fingers to make a fancy edge. Cut chocolate in pieces and melt over hot water. Beat eggs well and add sugar, bread crumbs and melted chocolate. Mix well. Pour into the pie pan. Bake in a hot oven (375 degrees F.) 20 minutes, or until filling is firm. When cold, sprinkle with chopped nuts. Spread with whipped cream and decorate with cherries and whole nuts.

**CHOCOLATE CREAM PIE**

2 tablespoons Crisco  
6 tablespoons flour  
1 1/2 cups milk  
2 squares unsweetened chocolate  
3/4 cup sugar

Melt Crisco. Add flour, milk, chocolate (cut in pieces), sugar and salt, and bring slowly to the boiling point, stirring constantly until thick and smooth. Remove from the fire and add beaten egg yolks and vanilla. Pour into a baked pie shell (see Plain Pastry). Cover with a meringue made by beating the confectioners’ sugar into the stiffly beaten egg whites. Bake in a moderate oven (325 degrees F.) 15 minutes or until a delicate brown.

Whipped cream may be used instead of the meringue.
CREAM PIE

1 tablespoon Crisco  1 teaspoon vanilla
8 tablespoons flour  2 tablespoons confectioners’ sugar
2/3 cup sugar  2 cups milk
1/4 teaspoon salt  2 egg whites
2 egg yolks  Baked pie shell

Melt Crisco. Add flour, sugar, salt, milk and beaten egg yolks and cook over hot water until thick, stirring constantly. Add vanilla. Pour into a baked pie shell (see Plain Pastry). Cover top with a meringue made by beating the confectioners’ sugar into the stiffly beaten egg whites. Bake in a moderate oven (325 degrees F.) 15 minutes, or until a delicate brown.

CUSTARD PIE

1 1/2 tablespoons flour  2 cups scalded milk
4 tablespoons sugar  1/2 teaspoon vanilla
1/2 teaspoon salt  Few grains nutmeg
2 eggs  Plain pastry

Mix flour, sugar, salt and well-beaten eggs together. Add the scalded milk, vanilla and nutmeg. Line a pie pan with Plain Pastry and pinch with fingers to make a fancy edge. Pour in the custard mixture and bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to a slow oven (300 degrees F.) and bake 20 minutes, or until custard is firm. When done, a silver knife, inserted, will come out clean.

COCOANUT CUSTARD PIE

Follow recipe for Custard Pie. Add 1/4 cup dried cocoanut to the custard mixture.

DEEP DISH HUCKLEBERRY PIE

Wash and pick over 3 cups huckleberries. Drain. Mix with 1 cup sugar, 2 tablespoons flour, 1 teaspoon lemon juice and a few grains salt. Put berries in a deep pie plate. Cover with Plain Pastry, trim and press with fingers or fork to make a fancy edge. Prick top with fork to allow the steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to moderate oven (325 degrees F.) and bake 25 minutes.

LEMON MERINGUE PIE

1 1/2 tablespoons Crisco  2 egg yolks
8 tablespoons flour  Juice of 1 lemon
1 cup sugar  Grated rind of 1/2 lemon
1/4 teaspoon salt  2 tablespoons confectioners’ sugar
2 cups water  2 egg whites
Baked pie shell

Melt Crisco, add flour, sugar, salt, water and beaten egg yolks. Mix well. Cook over hot water until thick, stirring constantly. Remove from fire, add lemon juice and rind and mix well. Pour into the baked pie shell. (See Plain
Pastry.) Cover top with a meringue made by beating the confectioners’ sugar into the stiffly beaten egg whites. Bake in a moderate oven (325 degrees F.) 15 minutes or until a delicate brown. The same filling may be used for lemon tarts.

**MINCEMEAT**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 pounds lean meat, cut from round</td>
<td>1 tablespoon cinnamon</td>
</tr>
<tr>
<td>1 pound suet, chopped fine</td>
<td>½ tablespoon mace</td>
</tr>
<tr>
<td>5 tart apples, cut in small pieces</td>
<td>½ tablespoon cloves</td>
</tr>
<tr>
<td>3 pounds raisins</td>
<td>½ tablespoon allspice</td>
</tr>
<tr>
<td>2 pounds currants</td>
<td>1 teaspoon nutmeg</td>
</tr>
<tr>
<td>3 ounces citron, cut in pieces</td>
<td>1 tablespoon salt</td>
</tr>
<tr>
<td>¼ ounce candied orange peel</td>
<td>2 pounds brown sugar</td>
</tr>
<tr>
<td>¼ ounce candied lemon peel</td>
<td>1 quart hard cider</td>
</tr>
<tr>
<td>1 pint grape juice</td>
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Cover meat with boiling water and simmer until tender. Let cool in the liquor. When cold remove meat from pot and chop fine. (Save broth for soup.) Add suet and apples to the meat with the raisins, currants, citron and chopped orange and lemon peel. Mix spices, sugar and salt, and add to the meat mixture. Add cider and grape juice, mix thoroughly, and cook slowly for 2 hours. Stir frequently to prevent burning. Seal in sterilized, air-tight jars. When ready to make pies, add more cider or grape juice, if additional liquid is needed.

This recipe makes 8 quarts mincemeat.

**MINCE PIE**

Line a pie pan with Plain Pastry. Fill pie pan ⅔ full of mincemeat and moisten edge of pastry. Cover with a top crust, trim and press edges together. Prick top crust with a fork to allow the steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to hot oven (400 degrees F.) and bake 20 minutes.

**MOCK CHERRY PIE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 cups cranberries, coarsely chopped</td>
<td>1 cup sugar</td>
</tr>
<tr>
<td>1 cup seeded raisins</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>3 tablespoons flour</td>
<td>1 tablespoon Crisco</td>
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Plain pastry

Mix cranberries and raisins. Add flour, sugar and salt. Line a pie pan with plain pastry, and fill with the cranberry mixture. Dot with small bits of Crisco. Moisten edge of pastry, cover with a top crust, trim and press edges together. Prick the top with a fork to allow the steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to hot oven (375 degrees F.) and bake 25 minutes.

**PEACH PIE**

Remove skins from 8 peaches and cut in thin slices. Cook with ⅔ cup water for 10 minutes. Add sugar to taste (according to the tartness of the peaches).
Line a pie pan with plain pastry and pour the filling into it. Dot with small bits of Crisco. Moisten edge of pastry, cover with a top crust and press edges together. Prick top with a fork to allow steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to moderate oven (350 degrees F.) and bake 15 to 20 minutes.

**PINEAPPLE PIE**

- ½ cup flour
- 1 cup sugar
- ¼ teaspoon salt
- ¾ cup pineapple juice
- 1 cup hot water
- 1 tablespoon Crisco
- Baked pie shell

Mix flour, sugar and salt together. Add the pineapple juice and water and bring slowly to the boiling point, stirring constantly. Cook 15 minutes over hot water. Remove from fire, add Crisco and well-drained pineapple. Pour this mixture on the beaten egg yolks and mix well. Pour the filling into a baked pie shell (see Plain Pastry). Cover with a meringue made by beating the confectioners’ sugar into the stiffly beaten egg whites. Bake in a moderate oven (325 degrees F.) 15 minutes or until a delicate brown. This filling may be used for pineapple tarts.

**ORANGE PIE**

Follow recipe for Pineapple Filling using orange juice and pulp instead of pineapple juice and pineapple, adding 1 tablespoon lemon juice just before pouring over the beaten egg yolks.

**PUMPKIN PIE**

- Plain pastry
- 2 cups cooked and strained pumpkin
- 1 cup milk
- 3 egg yolks
- ½ cup sugar
- 3 egg whites
- 1/4 teaspoons cinnamon
- ¼ teaspoon clove
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- 1 teaspoon salt

Line a pie pan with Plain Pastry and pinch with fingers to make a fancy edge. Mix the pumpkin and milk together. Add the beaten egg yolks. Add the sugar mixed with the cinnamon, clove, ginger, nutmeg, and salt. Mix well. Fold in the stiffly beaten egg whites. Turn into the pie pan. Bake in a quick oven (450 degrees F.) 10 minutes, reduce heat to hot oven (375 degrees F.) and bake 20 minutes longer or until the filling is firm.

**RHUBARB PIE**

- 3 cups rhubarb
- Plain pastry
- 1 cup sugar
- 2 tablespoons flour
- ¼ teaspoon salt
- 2 eggs

Peel rhubarb and cut in one-half inch pieces before measuring. Line a pie pan with Plain Pastry. Mix sugar, flour, salt and beaten eggs. Add to the
rhubarb and pour into the pie pan. Moisten edge of pastry with water. Cover with a top crust, trim and press edges together. Prick top with a fork to allow steam to escape. Bake in a quick oven (425 degrees F.) 10 minutes. Reduce heat to a moderate oven (325 degrees F.) and bake 25 to 30 minutes.

**APRICOT TARTS**

Turn the contents of 1 can of apricots into a saucepan with $\frac{1}{2}$ cup sugar and cook slowly until apricots are slightly transparent, about 20 minutes. Remove apricots and cook syrup until thick. Bake tart shells of Danish Pastry. Just before serving place an apricot in each baked tart shell. Pour a little of the syrup over it. Garnish with whipped cream.

**BANBURY TARTS**

| 1/4 cup chopped raisins | 1 tablespoon flour |
| 1/4 cup chopped dates | 1 egg |
| 1/4 cup chopped figs | Juice of 1 lemon |
| 1/4 cup chopped nuts | Grated rind of 1 lemon |
| 1 cup light brown sugar | Plain pastry |

Mix raisins, dates, figs and nuts, sugar and flour together. Add beaten egg, lemon juice and rind. Mix well. Roll out Plain Pastry to $\frac{1}{8}$ inch thickness and cut in pieces 3 inches square. Put a little of the mixture on each piece. Moisten edges with cold water, fold over diagonally and press edges together with tines of a fork. Bake in a hot oven (400 degrees F.) 15 to 20 minutes or until pastry is brown.

**FRIED·BANBURY TARTS**

Follow recipe for Banbury Tarts, using Plain Pastry, made with $\frac{1}{2}$ cup Crisco. Fry in deep hot Crisco 10 minutes or until brown. Drain on unglazed paper. Sprinkle with confectioners' sugar. Serve hot.

**BUTTERSCOTCH TARTS**

| 1 cup brown sugar | 2 tablespoons cornstarch |
| 1 tablespoon Crisco | 1 egg yolk |
| 2 tablespoons water | $\frac{1}{2}$ teaspoon vanilla |
| 1 cup milk | 1 tablespoon confectioners' sugar |
| 1 egg white | |

Boil brown sugar, Crisco and water together until sugar is dissolved. Mix milk, cornstarch and beaten egg yolk together and add to the sugar syrup. Cook over hot water until thick, stirring constantly. Cool. Add vanilla. Pour into baked Tart Shells. Decorate tops with meringue made by beating the confectioners' sugar into the stiffly beaten egg white. Bake in a moderate oven (325 degrees F.) 15 minutes or until a delicate brown. This recipe fills 6 tarts.
GOOSEBERRY TARTS
Wash 4 cups of gooseberries and drain. Cook slowly with 1 1/2 cups sugar and 1/4 cup water until berries are tender, stirring constantly until sugar is melted. Add 1 tablespoon Crisco and 1 teaspoon grated lemon rind. Cool. Pour into baked Tart Shells. Garnish with whipped cream, flavored and sweetened.

PEACH TARTS
Remove skins and slice peaches thin. Cook in a small amount of water until tender. Drain liquid from peaches. To 1 cup liquid add 1/2 cup sugar and cook until thick. Cool. Just before serving put peaches in a baked pie shell (see Plain Pastry) and pour the syrup over the peaches. Cover with whipped cream, flavored and sweetened.

COCOA NUT DATE STRIPS
Plain pastry 3 tablespoons brown sugar
2 tablespoons Crisco 3 tablespoons shredded cocoa nut
1/2 teaspoon salt 1/4 cup chopped dates
Make up half the recipe for Plain Pastry. Roll out on slightly floured board in rectangular sheet about 1/4 inch thick. Spread with softened Crisco and sprinkle with salt. Mix sugar, cocoa nut and dates and sprinkle over one-half the pastry. Fold over the other half and cut into strips 1 inch wide, making them uniform in length. Bake in a hot oven (400 degrees F.) 10 to 15 minutes. Left-over pie trimmings may be used in making these dainty pastries.

FRUIT PASTRIES
Roll out Plain Pastry to 1/4 inch thickness. Cut in circles. Put a tablespoon of fruit filling in center of 1 piece of pastry, moisten the edge and cover with another circle. Press edges firmly together with tines of fork. Bake in a quick oven (425 degrees F.) 15 to 20 minutes.

Fruit Filling
1/2 cup chopped raisins 1 tablespoon lemon juice
1/4 cup chopped figs 2 tablespoons brown sugar
1/4 cup chopped nuts 2 tablespoons corn or maple syrup
Mix the raisins, figs and nuts. Add the lemon juice, sugar and syrup and mix well.

PEANUT CREAM PASTRIES
2 tablespoons flour 1 cup milk
1/4 cup sugar 1/2 teaspoon vanilla
1/8 teaspoon salt Plain pastry
1 egg Chopped peanuts
Roll out Plain Pastry to $\frac{1}{4}$ inch thickness. Cut in square, round or rectangular shaped pieces. Prick with a fork and bake in a quick oven (450 degrees F.) 12 to 15 minutes. Cool. Serve 2 as a portion, with the custard filling between and on top of pastries. Sprinkle thickly with chopped peanuts.

**PUMPKIN FANCHONETTES**
Cut large circles from Plain Pastry rolled to $\frac{1}{8}$ inch thickness. Fit into small fluted pans. Pinch with fingers to make a fancy edge. Fill with pumpkin pie filling. Bake in quick oven (425 degrees F.) 15 to 20 minutes. Garnish before serving with a spoonful of whipped cream.

**FRIED PIES**
Follow recipe for Plain Pastry made with $\frac{1}{2}$ cup Crisco. Roll out pastry to $\frac{1}{4}$ inch thickness. Cut in large circles. Put a tablespoon of seasoned apple sauce in center of pastry. Moisten edges with cold water. Fold over so as to make a semi-circle. Press edges together with tines of a fork. Fry in deep hot Crisco until a delicate brown.

**SWEDISH TIMBALES**

<table>
<thead>
<tr>
<th>1 cup flour</th>
<th>$\frac{1}{2}$ cup milk</th>
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<tr>
<td>$\frac{1}{2}$ teaspoon salt</td>
<td>1 egg</td>
</tr>
<tr>
<td>$\frac{1}{2}$ teaspoon sugar</td>
<td>1 tablespoon melted Crisco</td>
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Mix and sift the flour, salt and sugar. Add milk gradually and slightly beaten egg. Add melted Crisco and beat until mixture is smooth. Put a little batter in a cup. Put timbale iron in melted Crisco and heat Crisco until hot enough for frying. Remove iron from the Crisco and dip in batter nearly to top. Return again to the hot Crisco and fry 1 or 2 minutes or until batter is a delicate brown. If iron is too hot or too cool the batter will drop off the iron. This recipe makes 18 to 20 small timbales.

**BEEFSTEAK PIE**

| 2 pounds chuck steak            | 1 cup cooked carrots, cut in cubes         |
| 1 teaspoon salt                 | 2 cups cooked potatoes, cut in cubes       |
| $\frac{1}{2}$ teaspoon pepper   | 1 cup cooked celery, cut in pieces         |
| 2 tablespoons flour             | 6 cooked medium-sized onions               |
| 3 tablespoons cold water        | 2 tablespoons Crisco                       |

Wipe meat with a clean damp cloth, cut in 1 inch cubes and sprinkle with salt and pepper. Cover meat with boiling water and simmer for 1 hour or until meat is tender. Put the meat in a baking dish. Thicken the stock with the flour mixed to a paste with the water. Add carrots, potatoes, celery and onions. Pour the gravy over it and dot with Crisco. Add more seasoning if necessary. Cover top with Plain Pastry. Bake in a quick oven (450 degrees F.) 10 minutes. Reduce the heat to a moderate oven (325 degrees F.) and bake 20 to 25 minutes.
SHEPHERD'S PIE

Chop cold cooked lamb and moisten with left over gravy. Put in a casserole or baking dish and dot with small pieces of Crisco. Cover with hot mashed potatoes. Spread top with beaten egg yolk mixed with 2 teaspoons cold water. Bake in a hot oven (400 degrees F.) 20 minutes or until brown.

For individual pies bake in small ramekins or custard cups 15 minutes.

VEAL PIE

2 1/2 pounds knuckle of veal
1 teaspoon salt
1/2 teaspoon pepper
2 tablespoons Crisco
2 slices onion
2 cups celery, cut in pieces

Cut meat from the knuckle in small pieces (keep bone to use in making soup stock). Sprinkle with salt and pepper. Melt Crisco, add onion and cook slowly 5 minutes. Remove onion from pan and put in the veal. Cook until meat is brown, stirring frequently. Add celery and water, cover and simmer until meat is tender. Add a little water to the meat as liquid boils away. Add raw carrots and parsley and more salt and pepper if necessary. Cook 20 minutes longer. Thicken with the flour and water mixed to a smooth paste. Put in a baking dish and cover with Plain Pastry. Bake in a quick oven (450 degrees F.) 15 to 20 minutes or until brown.

CHICKEN PIE

Dress, clean and singe a fowl. Put in a saucepan with boiling water to cover. Add a sliced carrot, 1 stalk celery, 1 sprig parsley and 1 slice onion. Bring to the boiling point; cover and simmer until fowl is tender, allowing about 30 minutes to the pound. When half done season with salt and pepper. Remove skin of the fowl and cut meat from the bones, keeping it in large pieces. Put in a baking dish. Boil chicken stock down to 3 cups, strain and skim off most of the fat. Mix 4 tablespoons flour to a smooth paste with cold water and add to the stock. Bring to the boiling point, stirring constantly, and add to the chicken, with 1/2 pound mushrooms sliced and sautéed in 2 tablespoons Crisco. Cover with Plain Pastry. Bake in a quick oven (450 degrees F.) 15 minutes or until crust is brown.

YORKSHIRE PUDDING

1 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt

2 cup milk
2 egg yolks
1 tablespoon melted Crisco
2 egg whites

Mix and sift flour, baking powder and salt. Add milk, beaten egg yolks and Crisco. Mix well. Fold in the stiffly beaten egg whites. Cover the bottom
of an earthenware baking dish with drippings from roast beef. Pour the batter into the baking dish. Bake in a hot oven (400 degrees F.) about 20 minutes. Baste with drippings from the roast after it is well risen. Cut in squares and serve on platter with the roast.

**CHEESE FINGERS**

- 1 cup flour
- ½ teaspoon baking powder
- ⅛ teaspoon cayenne
- ½ teaspoon salt
- 2 tablespoons Crisco
- 4 tablespoons grated cheese
- Water

Mix and sift flour, baking powder, cayenne and salt. Cut in Crisco with a knife or rub in with finger tips. Add cheese and enough cold water to hold mixture together. Roll out on floured board to ¼ inch thickness. Cut in very thin strips with a knife or pastry jagger. Bake in a hot oven (400 degrees F.) 20 minutes.

This recipe makes about 50 fingers.

**CHEESE STRAWS**

Roll out Plain Pastry to ¼ inch thickness. Sprinkle with salt, cayenne and grated American cheese. Fold in 3 layers. Roll out again, spread and roll as before. Cut in strips ½ inch wide and 4 or 5 inches long. Bake in hot oven (400 degrees F.) 5 or 6 minutes.

**CREAM PUFFS**

- ½ cup Crisco
- 1 cup water
- 1½ cups flour
- 5 eggs

Put Crisco and water in a saucepan and bring to the boiling point. Add flour and mix well. Cook 2 minutes, stirring constantly. Cool. Add eggs one at a time beating after each egg is added. Beat for 5 minutes. Drop by tablespoons on a greased shallow pan 2 inches apart. Flatten with back of spoon into circles, leaving center a little thicker. Bake in a moderate oven (350 degrees F.) 30 to 35 minutes. Cool. Make a slit with a sharp pointed knife near the bottom of the puff and fill with Cream Filling or whipped cream.

**Cream Filling**

- ½ cup sugar
- 3 tablespoons flour
- ½ teaspoon salt
- 1 egg
- 1 cup milk
- 1 teaspoon vanilla

Mix sugar, flour and salt. Add beaten egg. Add milk and cook over boiling water until thick. Cool and add vanilla. Spread between layers of cake.
CHEESE RINGERS

1 cup brown sugar
4 tablespoons butter
4 tablespoons flour
4 tablespoons water

Mix and pour into a buttered casserole. Bake 30 minutes. Bake twice.

CHEESE STRAWS

Roll one half portion of dough (000 gauge, 1/2 lb. each) into a tube. Cut
1 lb. flour
1 cup water

1 lb. flour

8 cups water

1 lb. flour

Cut into 3 inch lengths and bake in a preheated oven at 400 degrees.

CREAM PUDDING

1/2 cup cream
1 cup water

Mix and pour into a buttered casserole. Bake twice.