ANDOVER NEWS

PUBLISHED WEEKLY
By J. HARVEY BACKUS & SON

OUR KEYNOTE:
"If There Is Not A Way, Cut A Way"

Entered as second-class mail matter under act of Congress, at the Postoffice at Andover, N. Y.

ANDOVER, N. Y. ---------- OCT. 5, 1934

Subscription Rates

One year	$2.00
Six months	1.00
Three months	50.

Milk Month

THE greatest effort in the history of New York State to rehabilitate an industry and protect the public health reached its climax Monday when "Milk Month" began officially, following a proclamation by Governor Herbert H. Lehman.

Thruout the month the resources of the State's departments, private business, health and social agencies, the newspapers and radios will intensify their efforts to increase consumption of fluid milk and cream.

Not since the World War days and the Victory and Liberty Loan drives has public interest and sentiment been so centered and aroused in behalf of a public movement as it has the "Drink More Milk; It's Good For You" drive.

From all sections of the State have come expressions of support and co-operation from public officials, private citizens and public and private institutions.

Headed by Governor Lehman, who launched the milk campaign in July at a luncheon-conference and issued a proclamation proclaiming October as "Milk Month," the drive has gained unprecedented headway and already evidence of realization of the campaign's purposes has been given in increased milk consumption.

Scores of cities and villages have followed Governor Lehman's example and issued proclamations on October as "Milk Month." These cities and villages have also appointed committees which will organize and present programs in behalf of the State's great effort to combat under consumption of milk and potential mal-nutrition of children.

Hundreds of civic and service clubs have either already conducted or are planning milk programs with skits furnished by the members and speakers supplied by the Bureau of Milk Publicity.

Milk, the most nearly perfect food, is hailed by Dr. Thomas Parran, New York State Commissioner of Health, as the keystone of physical beauty, superior mental qualities and longevity. "Milk is necessary in the five stages of life," said Dr. Parran.

Since ancient times milk has been recognized as a valuable adjunct in the feeding of the tuberculous sick. With all the advances in the treatment of tuberculosis, this perfect food has not lost its prestige, but still remains the one most important article of diet for these patients. In disease and in health, milk is still the one article of diet which is indispensable.

If we tried to duplicate all the known essentials of nutrition which are available in milk we would spend much more money, eat tons of food, or swallow a chemical laboratory and still not get the balanced combination of easily digestible factors at a reasonable cost. Milk would be a cheap food at twice its present price.

As an economy measure, we are advised to eat leftovers, but what do we do when the leftovers are all gone?

A research committee finds there are over two million laws in the United States, and placed end to end, they would doubtless be long enough to hang everybody in the country.

How News Travels

BAD news travels with the speed of the wind and good news like a snail. Let a man be converted at a church service or perform some act of kindness and there is not much of a stir, but let him commit a crime and the news leaps by word of mouth from one end of the community to the other.

How thoughtlessly unkind we are sometimes when neighbors and friends meet with misfortune! Troubles are bound to come to us all in some shape or form and what we say about friends and acquaintances today may apply to us tomorrow. News is no respector of persons.

We are prone to regard the ways of others not our ways when we should be watching our own step. What folks say of one another frequently hurts more than anything they could have done. News, especially bad, grows and becomes exaggerated and distorted with peddling. When the news is good, it makes no difference what version is given to it. But bad news, given wings may bring sorrow and ruin upon people who are not deserving of a punishment beyond the penalty the mistake costs.

More charity for others will mean more charity for ourselves, and we will gradually come to take a keener delight in reporting something good of some person than something bad. Good is constructive; bad is destructive. Just before you are about to let out a bit of bad news, stop and think of the harm it may do. See if you can't think of something good to say in place of it. The chances are that you can—and will!

Many people forget that only machines are automatic, and that to get results with human beings, co-operation is necessary.

Auto Discourtesy

SOME observers think automobiles are ruining American manners, but perhaps some of these folks who are showing discourtesy did not have any to ruin.

There are many drivers who act differently when they get behind a steering wheel than they do anywhere else. If they went to a party or dance and pushed their way down the center of the room, jostling the guests as they went, treading on their toes, making them jump to avoid collision, and calling to them to get out of their way, they would commonly be called roughnecks.

Yet they do about that thing in a crowded street. The public is so used to such exhibitions that it tolerates them, makes but little complaint, and does its best to jump for safety.

It seems strange that a good many persons who are ordinarily well mannered, will yet act in this coarse and arrogant way. They seem to think it is everyone's duty to wait for them to get out of their way. If they toot their horns violently, they feel they have done all that is required of them.

The law is doing what it can to correct such violation of the public regulations and of ordinary common sense and courtesy but community sentiment ought to call upon some of these people to display better manners.

Real gentlemen and ladies come cautiously down a crowded street, just as mindful of the people in the way as if they were in someone's parlor, glad to stop to let pedestrians pass, preferring to yield a probable right of way rather than show any crowding disposition.

This is the time of year when last June's school graduates are discovering that there are many others of equal importance entering college.

Being in a rut is not always disastrous. A locomotive that doesn't stay on the track never gets any place.

Nature may be grand, but she might improve on her work when she gives nice children to lots of parents who haven't sense enough to rear them right.

HOW, WHAT and WHY?

The Andover News has arranged with the Office of Information of the New York State college of agriculture and home economics to answer questions about problems of farm and home. If you enclose a self-addressed stamped envelope and mention the name of this paper, you will receive a direct reply to your query from the colleges. Do not ask more than one question in one letter or on one post card. Ask as many questions as you like, but make each one a separate communication.

Make Wild Grapes Bear

O. B., Carmel, asks: "Can anything be done to bring wild grapes into bearing? I have a number on my one-half acre plot, with main stems about three-fourths of an inch in diameter. They grow vigorously, but bear no fruit."

Professor L. H. MacDaniels of the pomology department replies: "The bearing habit of wild grapes varies considerably with the species. In many parts of New York State three or more species grow in the same locality.

"One of the most common reasons why individual vines fail to bear is that many of them are sterile. The flowers with stamens,, or organs that contain the pollen, are borne on different vines than are those which contain the seed-bearing organs or pistils. At least half of the vines, therefore, cannot bear fruit, but the vines which carry the seed-bearing organs can be made to fruit easily.

"The fruit of the wild grapes is considered so inferior that, to my knowledge, no attention has been given to making the vines fruit. Without doubt, the pistillate vines preferred to would respond to pruning out the old wood and on good soils to the application of fertilizer."

Scabby Potatoes

E. T., Chaumont, writes: "My crop of early potatoes was very scabby. What causes it, and what dip or spray can be used in seed potatoes to prevent it?"

"I have always had scabby potatoes in the garden."

Professor Charles Chupp of the department of plant pathology answers: "We have no control for the common scab of potatoes when the crop is grown in the garden where the soil is very sweet. Such alkaline or sweet soil helps the scab bacteria to grow and to produce a roughened crop.

"When rainfall is heavy during the period when the tubers are forming, scab will not develop very well. Therefore, in some years you may be able to grow relatively smooth tubers. When it is dry, you will have a badly diseased crop.

"I advise you to grow vegetables other than potatoes in your garden. These vegetables should require a sweet soil. If you can use or rent ground which is fairly acid, try to grow potatoes on it. Scab will not thrive on such soil."

Whitesville

(Mrs. Ella Millspaugh, Reporter)

Oct. 1.—Rev. and Mrs. H. J. Marquis were called to Kanona Wednesday by the death and funeral of a dear friend.

Mr. and Mrs. Alvin Edwards went to Konona Tuesday to attend the funeral of Mrs. Henry Stewart.

The Standard Bearer Society were entertained at the home of Miss Esther Smith in West Union, Saturday afternoon.

Rev. H. J. Marquis was in Wellsville on business Saturday morning.

Mrs. Margaret Veness was here Saturday afternoon and met with the local guarantors of the Collins Entertainment Festival, which will put on their program during November.

Mr. and Mrs. Frank Rigby and son, Roger and Mrs. C. L. Crittenden attended a banquet in Perry, Sept. 22nd, given by the Collins Entertainment Bureau.

Dexter Howe is driving a new Plymouth automobile.

Miss Alice Robbins who has been ill the past week is reported as improving.

Mr. and Mrs. Harvey Ainsworth have begun housekeeping in an apartment of the Ray Livermore house.

Dr. H. R. Taylor and Rev. H. J. Marquis took a trip to Williamsport, Pa., Friday.

On September 22nd at the home of Mr. and Mrs. Harvey Leach, Miss Yoto Leteer of Rochester was married to Harvey Ainsworth, son of Mrs. Leach, the Rev. H. J. Marquis officiating. Mrs. Ainsworth is the foreign language teacher in the Whitesville High School. Only the immediate families were present and a few intimate friends. The young people have the best wishes of many friends.

The Rev. H. J. Marquis, pastor of the Whitesville M. E. church for the last four years, will leave Monday day for the annual conference in Rochester. He has a warm invitation to return here for another year.

Mrs. Ella Millspaugh went to Bath on Monday afternoon and will leave there Tuesday morning, with friends, for Utica, N. Y., as delegate from Hornell District to the branch meeting of the Woman's Foreign Missionary Society, which will be held in Central M. E. church at Utica, October 2-4.

The National Cooking School

(Continued from Page Three)

(b) With baking powder biscuit dough made by either the standard method or the biscuit flour method given in Lesson 3; roll out dough to ½ inch thickness and cut or pat into shape to fit top of dish. Make gashes in top to allow steam to escape. Or shape as small biscuits and place over hot filling to bake. Or use drop-biscuit dough.

Two-Crust Pies

1. Prepare filling.

2. Line shallow pie pan, fitting pastry in easily and gently pushing out air from beneath pastry with the finger tips. With scissors or sharp knife, trim around the edge of pan—not too close in any case, and with about an inch of pastry left to spare for a juicy fruit pie; this can be doubled back over the top crust and crimped with the fingers, as an aid in keeping juice from flowing out.

3. Turn in filling—it is usually a fruit filling that is put between two crusts; sweeten (mixing spices with sugar when used), fill and prepare for oven according to table of instructions for fruit pies which follows.

4. Cover with top crust, in which eyelets have been cut; turn edge of under crust over edge of upper crust, wetting with cold water, and pinch close, crimping at the same time, with the fingers. If filling is juicy, fold edge with wet cotton and thrust paper funnels thru the upper crust.

5. Bake at 450 degrees F. till brown, then at 375 F.

Fruit Pies

Blackberry, 3 cups berries, ½ to 1 cup sugar, 3 tbsp. flour, 1 tbsp. butter.

Cherry, 3 cups pitted cherries, 1 to 1½ cups sugar, 3 tbsp. flour, 1 tsbj. butter.

Gooseberry, 3 cups berries, stew with the sugar and cool; 1 cup sugar; 4 tbsp. flour, 2 tbsp. butter.

Raspberry, 3 cups berries, ½ to 1 cup sugar, 3 tbsp. flour, 1 tbsp. butter.

Strawberry, 3 cups berries, ¾ to 1 cup sugar, 3 tbsp. flour, 1 tbsp. butter.

Blueberry, 3 cups berries, ½ cup sugar, 4 tbsp. flour, 1 tbsp. butter.

Note—If berries are very ripe, or when sweet or canned fruits are used, add 2 or 3 tablespoons lemon juice for tartness.

Open-Faced Pies

As I have told you there are two types of pies that have only an under crust:

(a) When filling is cooked in pastry.

(b) When empty shell and filling are cooked separately and filling put into shell when both are absolutely cold.

Note—These open-faced pies or tarts are variously finished:

(a) Plain or with sprinkling of spice.

(b) With narrow crossed strips of pastry.

(c) With sweetened and flavored whipped cream.

(d) With meringue.

MERINGUE TOPPING FOR PIES

Use the egg whites for a meringue—it really requires 3 egg whites to make a fine, full meringue for a good sized pie. Allow 2 tablespoons granulated sugar for each egg white or a little less if this is too sweet for your taste. Beat the egg whites until stiff, but not dry, then add sugar a little at a time and beat until very stiff. Add the flavoring. Drop in spoonfuls over the pie or spread roughly. Sprinkle with a little granulated sugar and put into a slow oven (275 degrees F.) to brown delicately. Do not try to hurry it, or you will have a tough, watery meringue; give it about 15 minutes and you may even reduce the oven heat a little at about half time. Meringue treated in this way should never fall or be tough.

Plain Apple Pie

Sliced apples
¾ to 1 cup sugar (white or brown)
Pinch salt
1 to 2 tablespoons butter
¾ teaspoon cinnamon or ½ teaspoon grated nutmeg and a little grated lemon rind
1 teaspoon lemon juice.

Prepare and mix filling, using enough apples to heap the dish, and bake between two crusts, or as an open-faced pie.

Rich Apple Crumble Pie

1½ cups butter ¾ cup soft butter
¼ cup sugar (white or well-packed brown) Sliced apples

Sift flour and mix it with the sugar; work in the butter, squeezing and blending with the hand. Knead and pat the paste to size and shape of dish; use deep baking dish, filling with sliced apples sweetened and flavored as for ordinary pie; lay the paste on top and bake in moderate oven, about 375 degrees F., until apples are tender and top a tempting brown. Serve with cream or a well-chilled custard sauce.

This is also delicious if a layer of the rich crumble-paste is put in the bottom of a square pan, the fruit next, and a top layer of the paste. Cut in oblongs to serve.

Pumpkin Pie

This is a good example of the custard-type of pie filling:

2 cups cooked or canned pumpkin
1 cup sugar
1 teaspoon cinnamon
½ teaspoon ground allspice
½ to 1 teaspoon ginger
½ teaspoon mace
3 tablespoons melted butter
3 slightly beaten eggs
2 cups scalded milk
1½ cups coconut (optional).

Combine ingredients in this order, mixing thoroly. Coconut may be used, when desired. Turn into pan lined with pastry. Bake in hot oven 15 minutes, then reduce to moderate for about half an hour, or until silver knife thrust into center comes out clear.

Some of the most attractive little pastries, and cakelets that use pastry, will be found in the Easy-Way Cake Book and Planning the Party, which no doubt you will have to help you make special occasions successful and routine meals more interesting!

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Notice to Creditors

Pursuant to an order of Hon. Walter N. Renwick, Surrogate of the County of Allegany, notice is hereby given to all persons having claims against the estate of James P. Cannon, late of the Town of Andover, N. Y., deceased, to present the same with proper vouchers thereof to the undersigned administrators at the Office of the Administrators at the James P. Cannon Company Store in the Village of Andover, N. Y., on or before the 20th day of January, 1935.

Dated July 9th, 1934.

SARA R. CANNON,
MARY ELIZABETH CANNON,
EDWARD R. CANNON,
Administrators

Crayton L. Earley,
Attorney for Administrators,
Andover, New York. 2

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New York State Says
DRINK MORE MILK
It's GOOD For You

The National Cooking School

By Katherine Caldwell

PASTRY AND PIE FILLINGS

Good pastry (which every girl or woman wants to make) is wholesome and digestible enough for the normal person; it is poor pastry that is so highly indigestible.

There are few materials and few utensils needed for making pastry—yet it can be a tricky thing to make, for the cook who does not understand the little turns and pointers that bring success with it. They are all here in this lesson. In Lesson 3, we learned about Soft Dough. In this lesson, we study one of the most important Stiff Doughs. The methods of mixing are much alike—the fat is cut into the dry ingredients before liquid is added.

Ingredients for Pastry

1. A dependable flour, one with tender gluten preferred.

2. Salt—¼ teaspoon for each cup flour, or a little more if your fat is unsalted.

3. Baking Powder—a very little may be used, ¼ teaspoon for each cup flour is the amount needed to help make pastry light, at least until you have gained experience; then you may use it or not.

4. Shortening—A hard, cold fat of neutral flavor, or part butter and part shortening may be used; ⅓ cup fat altogether to each cup flour makes a pleasantly rich paste, and ¼ cup fat to each cup of flour is the least that should be used.

5. Water—should be ice-cold. Allow just enough to make a paste that will roll without sticking when turned out on a lightly floured bake board; 3 tablespoons to the cup to begin with—and more just sprinkled in if necessary. Too much water makes a sticky paste, which is very hard and brittle when baked. Too little water results in a very crumbly, over-rich crust. Rolling in extra flour on the board cuts down on the richness, the good texture and flavor of the pastry. You will soon get "the feeling" for mixing your paste.

Utensils Required

1. Mixing bowl, flour sifter, measuring cup, measuring spoons.

2. Wire pastry blender or a knife or steel fork to cut fat into dry ingredients.

3. Wooden bake board or canvas bake sheet; wooden rolling pin: the pin may be covered with ribbed cotton (the leg of a small child's ribbed white cotton stocking makes a good cover); a covered rolling pin works better, holds the flour evenly—and for the same reason we favor the canvas cloth on which to turn our doughs.

4. Pie or bake pans, or baking sheet, etc.

Kinds of Pastry

There are two kinds of ordinary pastry in general use; a close-textured paste and a light flaky paste made up of thin layers of crust with air between. We are not treating actual puff paste.

It is the method of mixing that is largely responsible for these different results—particularly the way the shortening is added. The kind of shortening, too, makes a difference; a liquid fat like cooking oil will make the very close-textured kind of paste, while solid fats are used in the flaky, as well as the close type.

METHODS FOR MAKING PASTRY

Quick Paste

1. Sift flour, measure it and sift, with salt, into bowl.

2. Measure fat. (For excellent short-cut method, see Lesson 1.)

9. (a) Fair a fairly flaky paste: Cut fat into dry ingredients, using wire pastry blender or a knife or a knife in each hand, or a steel fork that has 2 or 3 prongs. Use a quick, short chopping motion, until all fat is in particles the size of small peas.

(b) For a close-textured paste: Rub shortening into dry ingredients with chilled finger tips. (Liquid shortening also makes a close paste; it is stirred into the flour before adding water.)

4. Sprinkle very cold water carefully over the surface—just enough so paste will roll. Mix quickly and lightly with a knife. The dough should absorb all the water, but should not stick to the bowl. "Working" the dough will tend to make it elastic by developing the gluten in the flour; that is why we knead a yeast dough in making bread and why we handle biscuit and pastry doughs (which we wish to be tender) as little and as lightly as possible.

5. Scrape out paste onto lightly floured board or canvas; pat out and roll, if to be used at once. Chill first if possible.

6. Wrap dough in waxed paper and chill well, if possible, before rolling again for use.

The reason we chill paste is because there is greater force to the expanding cold air when the intense oven-heat strikes it—and so the pastry is made lighter and flakier.

I want you to notice that it is the method of adding the shortening which makes the distinct difference in the finished pastry. There is bound to be heat from the fingers, which softens the fat and blends it into the flour, instead of just mixing particles of fat thru the flour. Sometimes you may like one of these pastes better than the other—for instance, some tarts seem rather nicer with the close-textured paste while for others, we like a flaky paste.

This method I have just given (even when the shortening is cut in) makes only a moderately flaky paste. There is a special method for making true flaky paste—and when it is rich, it can really be used in many ways which we were accustomed to think needed puff pastry; this very flaky paste is easier to make than puff pastry.

Superior Flaky Paste

This is an excellent paste to make in quantities; wrapped in wax paper it can be kept two or three weeks, if very cold.

1. Sift flour, measure it and sift with salt into bowl.

2. Measure fat, same as for quick paste. (There must be ⅓ as much fat as there is flour for this paste.)

3. Cut half the fat (a nice, white, neutral-flavored shortening or lard) into dry ingredients, by method (a) in Quick Paste.

4. Add water—by method in Quick Paste.

5. Turn out on floured board or canvas, pat and roll out in sheet ¼ inch thick; keep square as possible.

6. You have half of your hard, cold fat left. In this case, it may be either white shortening or butter. Divide it in three. Cut one piece into small bits, spread these over the front half of your sheet of paste, dust over lightly with flour, pick up the back edge and fold it over the fat, enclosing as much air as possible.

7. Pinch edges and pat and roll out carefully, so that pieces of fat will not break thru. Don't roll it thin.

8. Fold paste and chill it.

9. Roll out again, dot half of sheet with the second measure of fat divided in small pieces, dust over lightly with flour, fold over, pinch edges, roll out carefully, fold and chill.

10. Again roll out chilled dough, spread the last measure of fat on half of it, fold the other half over.

Keep well chilled, closely covered and use as required.

This Superior Flaky Paste makes nice little flaky tart shells, is good for fruit pies and for meat pies, or to hold a creamy filling, and it will make many of the little fancy pastries which we usually make with puff pastry.

Using Our Pastry

We use our pastry commonly in several ways.

1. **As empty pie shells or tart shells**—for these: (a) We fit a thinly rolled (⅛ inch) sheet of pastry loosely over the bottom of an inverted pie pan or tart pans, being very careful not to stretch it, because it would later shrink back. With scissors or sharp knife we trim it off around the edge of the pan. In fitting the paste over the pan, we try to catch as little air underneath it as possible. Before putting in oven, we prick it all over with a fork to allow any imprisoned air bubbles to escape.

(b) Another method—We line pie or tart pans with pastry, fitting it in generously and not trimming too closely. Prick paste to allow air bubbles to escape; cut ¾ inch strips of paste, wet one side, and apply to rim, fluting between thumb and finger; this helps prevent shrinkage and improves appearance. The paste may be weighted down by putting a sheet of wax over the pastry and then about half filling the dish with raw rice or beans. The rice or beans are unhurt for later use, and shells hold their shape beneath the weight.

2. **As single or double crusts** for shallow pies and tarts, when the filling is cooked with the pastry.

3. **As a top crust** for deep-dish fruit pies and meat pies. Some solid support should be put in the middle of the dish to hold up the paste, if the filling "cooks down."

4. **Very fancy pastries**, filled and unfilled.

5. **As cake and pastry combinations**—such as Maids of Honor.

Baking Temperatures

Heat should come from the bottom of the oven for pastry, so place it on a rack on the bottom or near it, according to your oven. When pastry is baked by itself, without fillings, a very hot oven should be used for ordinary paste, and just slightly less for the extra-rich paste.

1. **Shells**—Empty pie shells may be given 500 degrees F. at first, the temperature made lower as pastry shows color.

2. **Fruit pies**—A fruit pie should be given a hot oven at first, about 450 and when paste takes on color, heat should be reduced and baking continued at a moderate temperature, 375 degrees F., until fruit is tender; if top crust is in danger of becoming too brown, put a paper over it.

3. **Meat pies**—Meat pies, since their filling has been already cooked, can be put into the hot oven and removed when pastry is baked—which will allow plenty of time to heat the filling if cold.

4. **Custard-type Pies**—Pies or tarts with a custard-type filling—any filling in which eggs are used in generous proportion—cannot be cooked long at high temperatures, because all egg dishes demand slow cooking. Put the pie into a hot oven at first, and give it long enough to "set" the paste—but not long enough to allow the filling to boil. About ten minutes is usually enough to give the paste a good start without endangering the filling. Temperature must then be sharply reduced to moderate or rather slow heat, and cooking continued until filling has set to the consistency of a baked custard. Test the filling by thrusting a silver knife into the center; if it comes out misty and moist, filling is not cooked enough; when knife comes out dry, remove pie from heat immediately.

There is another successful method I advise for pies with a filling of cream or custard type. Bake the empty shell first, in the second way I have described for ten minutes at 500 degrees F., take from oven, fill the shell, and return the pie to the oven in which temperature has been reduced to very moderate heat.

There is a lesson coming toward the end of your course, which deals entirely with Frostings and Fillings for cakes—and among these fillings are the most important of the creamy and custard-type mixtures which are used also for filling pies. So I am just going to give you the Pumpkin Pie as an example in this lesson—then you will have several of these fillings in Lesson 10.

FILLNG PIES AND TARTS

Learning to make good pastry is the first step in making good pies.

The second is to really understand at least a few kinds of filling, for making double-crust and open-shell pies, deep-dish pies, meat pies and the little tarts and fancy pastries that are often so useful.

When you have mastered the first part of this lesson, and have a covered roll of pastry in your refrigerator keeping cold for use when it is wanted, you can start the study of this part of the lesson and make the different kinds of fillings in their turn.

These are the types we will consider here or in the book of the Easy Way Series.

1. Deep-dish fruit pies.
2. Deep-dish meat pies.
3. Two-crust pies or tarts
4. Creamy or custard type fillings;
(a) Baked in pastry shell
(b) Cooked, cooled and turned into baked shell.

Deep-Dish Fruit Pie

1. Make the pastry according to rules and chill it.

2. Prepare fruit as may be necessary—for example, pare, core and quarter or slice apples or pears; peel and stone peaches; pierce the skins of plums, peel and cut up rhubarb, etc.

3. Put a cup, jelly glass or other support in dish to hold up pastry in center.

4. Put fruit in buttered deep pie dish, heaping it very high, because of course it will shrink during cooking. (Slicing or cutting fruit finely speeds up the cooking when desired.)

5. Add enough sugar to sweeten whatever fruit you are using—the amounts needed will be different. Add any little touch of flavor with the sugar—a little dusting of spice such as cinnamon or nutmeg, a little grated lemon rind or dash of lemon juice; orange, too, is good sometimes. Butter dotted over filling gives added richness and flavor.

6. Cut off enough of your paste to cover your dish. Roll out to ⅛ inch thickness. Cut some "eyelets" in center of paste so steam can escape. Fit it very loosely over the fruit—don't stretch it or it will shrink later. (If desired, a strip of paste ½ inch wide may be adjusted around the rim of the pie plate, dampened, and the crust top sealed to it, before trimming.)

7. Trim off with scissors—not too close to rim of dish—press down about the rim and crimp the edge of your pastry cover with finger and thumb or with a pastry crimper.

8. Put into a hot oven for the first ten minutes, 450 degrees F., then reduce temperature to moderate and cook until fruit is tender. If necessary, put a paper over top of pie to prevent pie from becoming too brown.

Meat Pies

Meat pies are made with fresh meat or fowl with left-overs of cooked meat (along with a suitable sauce for that meat) and a pastry top.

Fresh meat should be simmered gently until tender, then a sauce made, using the stock from the meat—flavor well and thicken it with browned or white flour (see how to make such sauces in Lesson 1.)

If cooked meat is used, make a generous quantity of brown or white sauce to go with it.

Fill pie dish with meat and sauce—vegetables also may be put in and these should be already cooked unless they will require only short heating.

Cover the pie:

(a) With pastry crust, same as for deep fruit pies.

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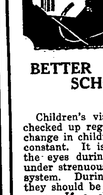
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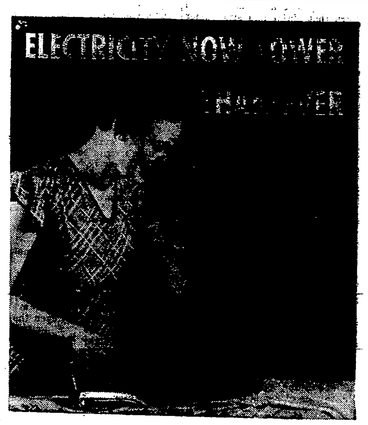

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