

Baker's Dozen

Pie — Humble And Otherwise

We of the North American continent like to claim the pie our own special culinary achievement. Apple pie and ice cream surely are deeply-rooted in our menu traditions, but the fact remains that pie... had its birth in some ancient baker's oven centuries before Columbus discovered this New Continent.

Those tender, flakey pies we choose today are believed to have had their origin in the fabulous Orient of long ago. Cream-filled tarts and rich pastries were flavorful attractions at the bazaars of Cathay when the rest of the ancient world still struggled along on bread and flat cakes.

However, as the old cities of Persia and Arabia were principally market and trading centres, it didn't take long for their good eating ideas to spread to Rome, whose progressive bakers soon picked up the secrets of flakey pastry... "just like Mother Persia used to make."

Rome was one up on the rest of the western world in this respect as it was one of the few areas producing wheaten flour suitable for white bread and pastry. Roman galleys carried this fine flour across the seas in the path of Caesar's conquests and pastry recipes thus were introduced to Gaul, Britain and Iberia.

Roman banquets featured in those days a wide variety of pastry, including light, fluffy patty shells and somewhat heartier dishes of huge, "singing bird" pies. This latter dish proved there's more truth than poetry in our old nursery rhyme about "four and twenty blackbirds baked in a pie."

Rome-conquered Britain, beset as she was by fog, rain and political unrest, undoubtedly preferred this rib-sticking dish to feathery pastry shells and for many years left that lighter side of the bakers' art to continental Europe. To this day, when an Englishman says "pie", he's usually referring to a pastry-covered meat dish. In his culinary dictionary, fruit and custard-filled pastry comes under the heading of "tarts."

Pie was the dish of the day in Medieval England. In accordance with public demand, bakers in those days prepared their pies on a big scale. A favorite pie recipe consisted of venison stewed in ginger and covered with a thick pie crust, studied with dates. About the same time, the Crusaders, returning from the East, brought home the recipe for England's first mince pie. This now famous desert had long been a favorite in the Orient where it took the form of a patty shell filled with fruit and nuts.

As eating habits become more refined, the smaller, more easily-digested pie appeared on feast day tables. The present-day tart... an open-faced pastry shell filled with jam, fruit or custard... descended from the "Christmas Pie" made so famous by "Little Jack Horner." This pastry measured about three inches across and usually held a tempting filling of preserved fruit or mince meat.

The old saying about "eating humble pie" derives from an eating custom of Medieval England. In that far-off time, the humble folk who sat "below the salt" at their Lord's table served the poorer cuts of venison called "nombles." The meat was disguised in a sort of stew with a pastry cover.

And so it came about that the less-favored dinner guest always ate "noble pie"... a dish which finally acquired its more appropriate title of "humble pie" and eventually evolved into an everyday expression of our 21st Century vocabulary.

How to Change Oak Finish to Mahogany

If you wish to change an oak finish to mahogany, remove the old finish with paint remover. Then eliminate any traces of wax that may have been left by the remover by thoroughly wiping the surface with mineral spirits or benzene, being very careful to keep the work away from fire or flame.

Stain with mahogany stain to desired depth of color. When the stain is thoroughly dry, thin paste wood filler with turpentine to the consistency of thick cream and brush it on freely, working with the grain of the wood. After the shine has disappeared, rub thoroughly with a coarse cloth or excelsior to remove any surplus filler.

The surface then should be well rubbed down with fine sandpaper and thoroughly cleaned of dust.

Leave It To Her

"It's awfully late!" he remarked to his friend, after a long bout at the club. "What will you say to your wife?"

"Oh, I shan't say much, you know," was the reply. "Good morning dear," or something of that sort. She'll say the rest."



First Aid For Plants Stricken With Pests

Don't let plant pests get the best of your house plants and flowers! After all, no plant can blossom and be beautiful when it's sick.

Here are some first-aid tips to help you recognize the pests and fight them.

Scale insects are sucking insects usually about the size of a pin-head which cover themselves with a larger waxy covering or scale. The scales may be round, oval, oblong or oyster shaped and often appear on ferns and palms.

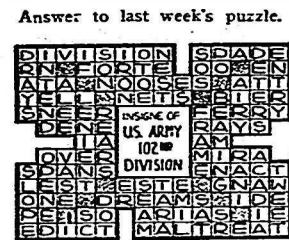
You can pick them off with a toothpick, wash them off with a soft brush and water, or kill them with commercial sprays.

Mealy bugs which look like bits of white cotton or wax usually lodge between leaf and stem (they have a passion for crotons and coleus) and can be treated the same way as scale insects.

What to do about white flies, plant lice, worms, rot, red spider? See the vital chapter on plant pests and how to fight them in the Reader's Service house plants guide.

Also, bulbs, ferns, terrariums, sprays, repotting, summer house plant care.

Send THIRTY CENTS (in coins) for "Success With House Plants and Flowers" to Reader Service, Room 421, 73 Adelaide St., West, Toronto. Print name, address booklet title and No. 29.



CANADIAN STYLE



A paisley print by Alfordri simply styled with a high, round neckline, short, straight sleeves. The suggested dust ruffle breaks just above the kneeline.



English Climate Doesn't Agree With Her—One of last year's epic news stories concerned the accidental shooting of Canon Turner on Baffin Island, and the dramatic air rescue of the mortally injured cleric and his family from the far North.

Flown out along with the Turners was Rebecca, a heroic Eskimo girl who—following the Canon's death—accompanied Mrs. Turner and her two small children to England. But the English climate, and the lack of fats she was accustomed to in the Eskimo diet of seal meat and fish, caused Rebecca to suffer from one cold after another—and one of the first passengers to arrive by Canadian Pacific steamship at Montreal this season will be the 15-year-old girl. Before returning to the North country Rebecca will stay for a short time in Montreal at the home of Mrs. Bildfell, one of those behind the movement to raise a fund of \$20,000 to provide a pension for Mrs. Turner and her children, who now number three. The fund is still far short of its objective, and donations sent to "Turner of Moffat Inlet Fund" at 604 Jarvis Street, Toronto will be gratefully received.

... TABLE TALKS ...

Onions, More Onions

Fried Onion Slices

If you are inclined to weep easily while preparing onions, slice them unpeeled. The dry, outer skin will slip off the slices.

Slice large onions (Bermuda are best) in thirds, or about 1/2 inch thick. Arrange onions in frying pan. Add a few tablespoons of water. Cover. Simmer until just tender. Test with a fork. Sprinkle with salt and pepper. Now the slices are ready for browning. Add butter, or bacon fat — takes 5 or more tablespoons fat for 6 to 8 onions. Brown to a turn. Don't stir. Leave lid off pan and brown onion slices gently. Use spatula and pancake turner to turn the slices without breaking.

Perfectly browned onion slices smothering a juicy steak—there's a man's idea of a meal. Serve these tender, slightly browned onion rings as the hot vegetable with sizzling steak or tender slices of liver, a green salad, and a fruit dessert.

Baked Onions

6 large onions
4 slices buttered toast
1/2 cup grated cheese
1 egg
1 cup milk
1/2 teaspoon salt
1/2 teaspoon paprika
1 tablespoon mild-flavored fat

Peel, slice crosswise and boil onions until nearly tender. Drain well. Place the buttered toast in the bottom of a baking dish. Arrange the onions on the toast and sprinkle with the grated cheese. Beat egg and milk and add salt and paprika. Pour this mixture over the onions and dot with fat. Bake in a moderate oven, 350°F, for about 40 minutes.

Onion Shortcake

10 medium-sized onions
1 teaspoon salt
3 tablespoons fat
Biscuit dough
1 cup medium cream sauce
1/2 cup chopped parsley
1/4 teaspoon paprika
Dash of nutmeg
1/2 cup grated cheese
1 egg

Peel and slice onions and sprinkle with salt. Melt fat in frying pan and add onions. Cover and simmer until tender. Drain well. Prepare a biscuit dough using 1 cup flour as a base and adding 2 tablespoons tomato catsup with the milk. This should be a drop batter rather than a "roll-out" dough. Prepare 1 cup medium cream sauce, add paprika, parsley, nutmeg and cheese and beat an egg into it. Place cooked onions in bottom of a deep greased casserole. Pour sauce over onions and drop dough from a spoon on top. Bake in a hot oven, 425°F, for about 20 minutes or until dough is cooked.

Scalloped Onions in Tomato

6 large onions, sliced
3 tablespoons flour
1/2 teaspoon pepper
2 tablespoons mild-flavored fat
1/2 teaspoon salt
1 1/2-cups tomato juice

Arrange half of the onions in a casserole, sprinkle with half of the flour, the salt and pepper. Dot with fat. Repeat ingredients in a second layer. Pour over the tomato juice. Bake at 400°F, for 35 to 40 minutes. Six servings.

Creamed Fried Onions

2 tablespoons mild-flavored fat
4 cups sliced onions (4-6 medium)
4 tablespoons flour
2 cups hot milk
Salt and pepper to taste

Melt in frying pan. Add onions, cover and cook slowly until tender, about 15 minutes. Stir in flour and cook 1 minute longer. Pour in the hot milk and cook until thickened. Season to taste. Serve with sliced hard-cooked eggs, liver or meat.

CHRONICLES OF GINGER FARM

By Gwenoline P. Clarke

May 24th has always been the traditional date on which all good farmers "turn out" their cattle to grass. If the cattle are turned out sooner it means one of two things—either the farmer is out of hay and considered it unprofitable to buy it, or he is inexperienced and doesn't know any better. Cattle are usually kept in until that date to give the pasture a chance to develop a sturdy growth before being chewed off by grass-hungry cattle. Also, until May 24, there is usually a lot of rain, and if cattle are allowed to run in wet pasture a great deal of fodder is wasted by being tramped down into the mud. So, this May 24th custom is, I believe, quite usual in many parts of Ontario, although the tendency these days, is to keep the cattle in even longer.

Yet, today, and this is early in April, the CBC glibly announced, "it is expected the butter shortage will be greatly relieved when cattle are turned out to grass, which is usually about April 15th!"

Sometimes one wonders where in the world the CBC digs up its information—or rather its mis-information.

True, the butter shortage may be somewhat relieved by that time—only for a very different reason. At least, that is how a "dirt farmer" views the situation. Calves have a way of arriving fast and furious in early spring, and with the calves there is naturally an increase in the milk supply—often far exceeding the milk shipper's daily quota. The extra milk, most of course, he sold somehow, some where. On some farms it is separated and sold to the creamery. More butter! On other farms the extra milk goes as "surplus" to the city dairies—and what they do with it is anybody's guess. The farmer would often like to know.

But why, oh why, should a shortage of anything be advertised? We find out soon enough when we can't get what we want. To broadcast the existence of a shortage of anything is one sure and certain way to create panic buying. I was even guilty of it myself last week without even realizing what I was doing. Bob was going to town and I needed butter—our usual two pounds. But when the radio spread its dire news abroad I said to Bob—"Maybe you had better bring back three pounds—perhaps there won't be any next week." See what I mean?

In the country? Ah, yes! Do you know the miracle of spring is beginning all over again? Snow-drops are blooming; green shoots of daffodils and narcissi are several inches high—some even have buds just appearing. There is also a lighter shade to the willow branches, and shrubs have pin-points of color on their tightly twisted buds.

But alas, it is precious little time I have for seeing it all just at present, as I am completely bogged by extra work in the house. We are in the process of having a few alterations done around here. First the carpenters arrive; they pull down one partition and insert a new one; rip out the door and put in a window; and, although the work is in one corner of the house yet old plaster, shavings and sawdust get trapped into every room. After the carpenters, a couple of bricklayers and plasterers arrived. Now their work is also finished which means there is plenty of painting for me to do before the plumbers appear on the scene. And having a boy around on crutches doesn't help very much. By the way, I have suddenly discovered a man with one foot tracks in more dirt than one with two.

There are no railways in Afghanistan; merchandise is carried either by camel or pony.

Skin Eruptions

Here is a clean, stainless, penetrating anti-itching oil that brings speedy relief from the itching and discomfort.

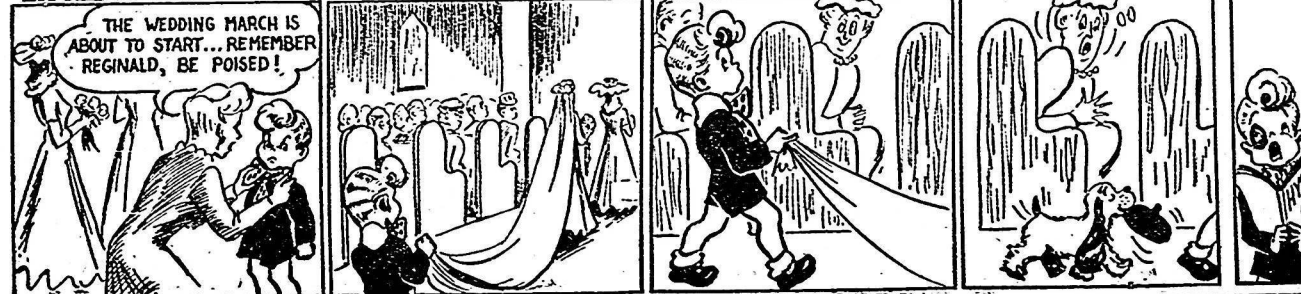
Not only does this healing anti-itching oil promote rapid and healthy healing in open sores and wounds but boils and simple eruptions are also relieved.

In skin afflictions the itching of Eczema is quickly stopped. Pimples—skin eruptions dry up and scale off in a very few days.

The same is true of Barber's Itch, Salt Rheum, Itching Toes and Feet and other inflammatory skin disorders.

You can obtain Moore's Emerald Oil in the original bottle at any modern drug store. Satisfaction or money back.

LITTLE REGGIE



By Margarita

ANSWER TO THIS WEEK'S PUZZLE

FOCAL MAGE SAC
ALAR IRID ORA
LENO SICRAMER
COSMOS LACE
ANITE LEWIS
PERSUADE SHOE
URE STILE ANA
PACS ELEVIATE
SLOES EMIT
VEAL ELAPSE
OVERTUREN BOARD
AIR AVET ALMS
RAY NETS SLOPE

Baghdad, famed Mohammedan of culture, learning and romance, was built between 762 and 766 A.D., by Abu Jaffar.

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BEAMSVILLE, Ontario



"An important part of my diet ever since my first bottle has been Crown Brand Corn Syrup. Now, that may be all right for a little character like myself, but let me tell you, these grown-ups sure are lucky what with Mom serving them Crown Brand Corn Syrup with so many of their dishes. And she uses it in her baking, too, as a sweetener. I can hardly wait until I'm old enough to have some hot waffles or pancakes smothered with delicious Crown Brand. If it's as good as it is in my cereal—mmmmmm!"



CROWN BRAND CORN SYRUP

THE CANADA STARCH COMPANY LTD.
MONTREAL - TORONTO

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"I'll raise with a package of super-delicious Post's Grape-Nuts Flakes"

"OK, pal. That's a blue chip if I ever saw one—speaking deliciously, of course."

"And these malty-rich, honey-golden Post's Grape-Nuts Flakes are a whole stack of good nourishment—and rosy-cheek nourishment."

"A spadeful of carbohydrates for energy."

"And minerals for muscle and growth and rich blood."

"Using two grains instead of one in making Post's Grape-Nuts Flakes is a pair that really pays off—in double breakfast enjoyment and rosy-cheek nourishment."

"Fellahs—I think I'll pop over to the grocer's right now and buy up enough Post's Grape-Nuts Flakes for a full house."

CROSSWORD PUZZLE

ACROSS

- Senatorial robe
- Wise men
- Sunken place
- Winglike
- Iris plant
- Months
- Cotton fabric
- So. American bird
- Universe
- Trimming
- Poker stake
- Holding device
- Induce
- Foot covering
- Scotch chemist
- Fence crossing
- Bits
- Pass
- Raises
- Blackthorn
- Fruits
- Radiate
- Calif. Reeb
- Fans
- Inset
- Wild hog
- Flare
- Dill
- Gift to the poor
- Fish
- Cleats
- Canoe
- DOWN
- Soapstone
- Printer
- Principal
- Corner light
- Weight chain
- Rick
- Exist
- Make (Scott)
- Tops
- Burden
- Roman urban official
- Geological formation
- Oceans
- Young dogs
- Of a historical period
- Convalescence
- First principles
- Wickedness
- Crystal gazer
- Kettledrum
- Spirit of evil
- Crescent
- Horoback game
- Homing
- Scott-Irish
- Paddle
- By way of
- Strep

The answer to this puzzle is elsewhere on this page.