



The CANADIAN COOKING SCHOOL

A complete Cookery Arts Course in 12 Lessons dealing with all the Fundamentals of this Important Subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

Prepared by - - - *Anna Lee Scott*

Fully Protected by Canadian Copyrights

LESSON 4

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 5, we learned about Soft Doughs. In this lesson, we study one of the most important—*Sift 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— $\frac{1}{2}$ teaspoon for each cup flour, or a little more if your fat is unsalted.
3. Baking Powder—a very little may be used, $\frac{1}{4}$ 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; $\frac{1}{2}$ cup fat altogether to each cup flour, makes a pleasantly rich paste, and $\frac{1}{4}$ cup fat for 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 table. Board: 2 tablespoons to the cup to begin with—and more just sprinkle 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 ribbon cotton (the leg of a small child's ribbed white cotton stocking makes a good cover); a covered rolling pin works better; hold the flour evenly—and for the same reason we favor the canvas cloth on which to turn out our doughs.
5. Pie or bake pans, or baking sheet, etc.

Kind 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).
 3. (a) For a fairly flaky paste: Cut fat into dry ingredients, using wire pastry blender 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: Sub-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 through the flour. Sometimes you may like one of these pastes better than the other—for instance, some tart's seem rather nice with the close-textured paste whilst 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 through. 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 into 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 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. An empty pie shells or tart shells.—For these: (a) We fit a thinly rolled ($\frac{1}{4}$ inch) sheet of pastry loosely over the bottom of an inverted pie pan or tart pan, being very careful not to stretch it, because it would later shrink back again. With a 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 thin the pie or

tart pans with pastry, fitting it in generously and not trimming too closely. Prick paste to allow air bubbles to escape; cut $\frac{1}{4}$ inch strips of paste, wet one side, and apply to rim, fitting between thumb and finger; this helps prevent shrinkage and improves appearance. The paste may be weighted down by putting a sheet of wax paper over the pastry and then about half filling the dish with raw rice or beans. The rice or beans are removed 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. Various 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 hot for the extra-rich paste.

1. Shell's.—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 degrees F., and when paste takes on color, heat should be reduced and baking continued at a moderate temperature, 375 degrees F., until fruit 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 10 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 baked custard. Test the filling by thrusting a silver knife into the centre; 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 10 minutes at 500 degrees F.; take from oven, fill the shell, and return 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 amongst 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.

FILLING 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 (Continued on Page Six)

Weekly News Letter

Getting the Seed Grain Ready

The Division of Forage Plants is just completing the final clean-up of all forage crop seed on hand, paying particular attention to the germination of seed held from previous years. This should be done by all farmers so that the quality of all seed on hand is known. No seed should be kept or purchased for seeding which has not good germination and is not reasonably free of weed seeds, particularly those classed as noxious.

Does Mustard Reduce Grain Yields

Many farmers believe that mustard does not reduce the yields of grain. However, experiments conducted on the Central Experimental Farm, at Ottawa showed a reduction of 28.7 bushels per acre, or 37 per cent, in the yield of oats on land heavily infested with mustard compared with adjoining land containing no mustard. Field Husbandry experiments are being conducted in order to learn the most effective and least expensive methods of controlling this weed which is causing so great a loss to many farmers.

Organic Matter as Affecting Soil Tilth

Organic matter is one of the most important constituents of the soil and affects its condition, chemically, physically and biologically. One of its chief functions is that of promoting good tilth. Clay soils deficient in organic matter become very compact and difficult to work; sandy loams low in this constituent become loose and open in texture and give a poor moisture holding capacity. Organic matter may be furnished to the soil in the form of manure, green crops turned under, crop residues, vegetable wastes and such material as leaf mould, muck, peat, etc., the latter preferably first composted with a little manure to start decomposition process.

Balancing the farm business is just as important as balancing rations, and it keeps the labor and equipment employed a greater proportion of the year. Each branch of the farm business should directly or indirectly add its share to the total income.

SEED CLEANING

An effort has been made in many parts of the country to make it comparatively easy for the farmer to get his seed cleaned. The establishment of local and district seed cleaning plants has been encouraged by government institutions, including the Dominion Experimental Farms, and many have been in operation for a number of years. Where local cleaning plants are in operation, it remains for the grower to haul his seed to the plant where it will be cleaned and graded at comparatively small cost. When a grower is not fortunate enough to be located reasonably close to a cleaning plant and has no other convenient means of getting the work done, it is good business either to purchase a small sized fanning mill himself or arrange to have the use of one in his locality.

In some parts of the country, particularly in Western Canada, travelling cleaning plants take care of considerable seed cleaning. Complete outfits mounted on trucks do custom cleaning in much the same way as custom threshing is done. To any one who can finance the undertaking, the travelling cleaning plant offers an opportunity of turning spare time during the winter into cash particularly in districts where no modern seed cleaning equipment is available.

Seed cleaning is an off season job and should not be put off until spring when time is more valuable on the farm and cleaning plants are usually running at full capacity. If the cleaning is to be done by the local plant it is best, therefore, to haul in the seed during the winter when better satisfaction can be given by the plant operators and the cost of hauling may be lower. If one waits until spring to prepare or set aside enough good grain for seed, he often finds that the best has been fed during the winter with the result that poorer seed may actually be used than would have otherwise been necessary. It is important in this connection to guard against the purchase of new or little known varieties and further, to insist on Government graded seed.

SLATS DIARY

Friday—Little Joe Birch is a little bit skeptical about Sandy Claws I guess. He still believes in him but I herd him telling his sister Trudy that Sandy Claws is a very bad old Man because he herd what he sed the nife he was at there house last Christmas. He hit his shins on the Davenport—and it must of hurt from what he sed when he hit his shins.

Saturday—Ma and pa went to a private wedding down by the ice pond this evening and when pa cum in Ant Emmy sed him what he, that of the wedding and pa replied and sed he was in favor of it because he knows the bride and this was the first time he ever herd her keep kwiet for morn a munit at a time.

Sunday—well pa got pinched today over in Twin creek town ship and in the squire's court he got find 2\$. He sed to the squire Well can you change a ten \$ Bill and the squire sed No I cant change the ten \$ Bill but I can change the five to 5\$. Pa diddnt like it much.

Monday—Cuzen Lizzie has invited pa and ma to cum to her 26st berth day Party, but pa sed he diddnt think he wd go this time as he has all reddy went to three of her 26st berth day party.

Tuesday—The teacher give us a test in Langwidge today and she ast 1 kwestion which was. When stud we use capitals and I ansered that we shud use capitals when we have the stumckle or sum thing. I am beginning to think mubby that was rong. Langwidge lessena's dussest have stumckles in them.

Wednesday—Ma got sore at pa tonite when he sed he red about a fello witch got chloroformed 1 hour before his wedding and then when he cum to his senses he diddnt not git married a tall.

Thursday—Mrs. Theodore Gush told ma this afternoon at the Litterary club that she wasnt interested so much in How the other $\frac{1}{2}$ of the world lives as Why.

The approximate periods of incubation of the several species of domestic fowl are: hen, 21 days; partridge, 24; guinea fowl and pheasant, 25; duck, peacock and turkey, 28; goose, 30; and ostrich, 42 days.

"ALL-BRAN WILL ALWAYS BE A PART OF MY DIET"

Delicious Cereal Corrected His Constipation

If you suffer from constipation, read this fine letter:

"I have been troubled for years with constipation. During this time, I have tried almost every known remedy. Then some one recommended eating Kellogg's ALL-BRAN, and the proper results followed immediately.

"Since eating Kellogg's ALL-BRAN each morning, there has been a general improvement in my health without the ill effects that I formerly experienced when taking laxatives. Hereafter, Kellogg's ALL-BRAN will always be a part of my diet."—Mr. E. G. Himes (address furnished upon request).

Research shows Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to aid elimination. ALL-BRAN also supplies iron for the blood.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Isn't this "cereal way" safer than risking patent medicines?

Two tablespoons daily are usually sufficient to relieve ordinary constipation. With each meal, in serious cases. If not relieved, see your doctor.

Be sure to ask for Kellogg's ALL-BRAN. It contains much more needed "bulk" than part-bran products. In the red-and-green package. Made by Kellogg in London, Ontario.

THEY ARE HERE!
Get Your Set While the Supply Lasts
FOR HOMEMAKERS WHO WANT TO BE UP-TO-THE-MINUTE

3 Fascinating Books Full of THE NEWEST IDEAS
on Entertaining, Cake Making, Marketing and Meal Planning
ALL 3 FOR ONLY 25c

These three new books in connection with the Canadian Cooking School are now available at THE FREE PRESS. Women who have secured their copies are delighted with their practical and concise form. All three are written by Anna Lee Scott, Canada's Foremost Cooking Authority.

MARKETING AND MEAL PLANNING—What to buy, how to buy it and how to make the best use of it. How to plan meals wisely. What foods are regulating. What foods are building. About the vitamins. How to economize. When there are children. When constipation enters. When they would change weight. Every subject in this book is of importance.

THE EASY WAY CAKE BOOK—This, and this alone is a recipe book, but its presentation of the subject represents an entirely new departure. A book full of unusual cakes presented in a manner never before attempted. It is simplicity brought to a new degree.

These books are now available at THE FREE PRESS at a nominal cost of 25c per the three. We again advise you to secure your copies now.

The Acton Free Press

Miller's Worm Powders will eradicate the worm evil that bears so heavily on children and is believed to cause many catarrhes. They are an acceptable medicine to children and can be fully relied upon to clear the food channels thoroughly of these destructive parasites and restore the inflamed and painful surfaces to healthfulness. They are an excellent remedy for these evils.

CLAY AND CLAY PRODUCTS

The value of clay and clay products sold by Canadian producers during 1932 was \$3,850,218. Of the value of the total domestic clay products, production, Ontario produced 45 per cent, Quebec, 29 per cent, Alberta, nine per cent, and the other provinces in the order of their output value, were: British Columbia, Nova Scotia, Saskatchewan, New Brunswick and Manitoba.

Plants for the production of brick and tile are operated in every province in Canada except Prince Edward Island. Throughout the Dominion there were 184 plants engaged in the manufacture of various kinds of brick, sewer pipe, structural tile, drain tile, and other clay products from Canadian clays or shales. Seven firms produced coarse earthenware, stoneware and other pottery from domestic clays during the year. Products classified as "other" included such commodities as haydite, blue clay, plastic refractories, crushed brick, and modelling clay.

Fire clay blocks and shapes and fire clay were produced in Nova Scotia, New Brunswick, Saskatchewan and British Columbia. Firebrick was manufactured in Saskatchewan, Alberta and British Columbia.

Sixteen factories in Canada made ceramic products in 1932 from clays which they imported, chiefly from England and United States. High tension porcelain insulators were made in two works, other electrical porcelains in three; sanitary earthenware in two; pottery in five; sewer pipe in two; and floor tile in one plant. Twelve of the factories were in Ontario and four in Quebec.

Fifty pounds of quicklime, 74 pounds of slacked lime, or hydrated lime, and 100 pounds of finely ground limestone have exactly the same value from the standpoint of correcting soil acidity.

Folks Past 40 Should Read This

If you are troubled with a burning sensation functional bladder weakness, frequent daily annoyance, getting-up-nights, dull pains in back, lower abdomen and down through groins—you should try the amazing value of Dr. Southworth's "Uratals" at once and see what a wonderful difference they make! If this grand old formula of a well-known physician brings you the swift and satisfying comfort it has brought to dozens of others, you surely will be thankful and very well pleased. If it does not satisfy, the druggist that supplied you with "Uratals" is authorized to return your money on the first box purchased. This gives you a full 10 days' test of "Uratals" without risk of cost unless pleased with results. If you would know the joys of peaceful bladder sleep and normal healthy bladder action, start this test today. Any good druggist can supply you.