

Things To Cook

by Nina Brewer

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As the holiday season approaches, many home-makers will be planning special dinners and may find the following recipe for home-made mince pie helpful.

Mince Meat

- 3 cups chopped cooked lean beef
- 12 cups chopped raw tart apples
- 1 cup chopped suet
- 1 pound seeded raisins cup up
- 1 pound seedless raisins whole
- 1/4 pound citron cut fine
- Juice and grated rind of one-half orange
- Juice and grated rind of one-half lemon
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1 teaspoon salt or to taste
- 5 to 6 cups granulated sugar
- 1 cup boiled cider
- 2 cups rich beef broth
- 2 cups water.

Boil a piece of lean beef until very tender, seasoning with salt and pepper while cooking. Drain and chop fine, using enough to make the three cups. Boil the broth down and use two cups of that. Pare, core and chop the apples, using a good tart apple.

Use five cups of sugar until you have it all mixed and heated, then, if you wish it a little sweeter, add the other cup of sugar. Mix all ingredients together and cook about one-half hour, stirring very often to

prevent sticking. This recipe will make about six quarts and may be divided, if you wish to make a smaller amount.

Mince Pie

Make the usual amount of pastry for a two crust pie, place the filling between the crusts and bake in a 425 degree oven until nicely browned, about forty to forty-five minutes. A nine inch pan will require about two and one-half cups of the mince meat—an eight inch pan, about one and three-fourths cups.

If the filling seems a little dry, add a little more water when baking a pie. A few more raisins may be sprinkled over the filling in the pie, if you care for more.

It is generally conceded among home-makers that a custard pie is one of the most difficult and most uncertain foods to make. For this reason I am giving a few suggestions which I am sure will be helpful to many readers.

Notice that less water is used in the pastry than for most pies; also that the pastry is chilled before adding the filling; also that the milk is scalded and the hot filling placed in the chilled pastry; also that a hot temperature of 450 degrees is used for 15 minutes to set the crust, then the temperature reduced to 325 degrees to slowly bake the custard. This makes a nine inch pie.

Custard Pie

- Pastry:
- 3/4 cup all purpose flour
 - 1/4 cup fat
 - 1/4 teaspoon salt
 - 1 1/2 tablespoons water
- Filling:
- 3 cups milk

- 3 eggs
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- Few gratings of nutmeg, if desired.

Mix pastry as usual, roll and place in pie dish. Be sure it is flat to pan so that no air bubbles are beneath, place in refrigerator at least one hour.

Scald milk, beat eggs slightly, add sugar, salt and vanilla, add scalded milk, while milk is hot. Place pan lined with pastry in 450 degree oven, before putting in the custard. Carefully put custard in shell with a cup, to prevent spilling any under the crust.

Bake in the 450 degree oven for 15 minutes, then reduce temperature to 325 for 25 minutes more. Remove at once from oven.

The following recipe for Corn Meal Pudding is so delicate in flavor and so delicious that it may be eaten by any member of the family who usually does not care for corn meal. It also supplies a part of the daily milk requirement in an attractive food.

Baked Corn Meal Pudding

- 1 quart milk
 - 3 tablespoons corn meal
 - 2 tablespoons butter melted
 - 1/2 cup sugar
 - 1/4 teaspoon salt or to taste
 - 1/4 teaspoon cinnamon
 - 1/2 teaspoon nutmeg
 - 5 eggs
- Scald milk in double boiler, stir in the corn meal slowly and cook about ten minutes, until corn meal is soft and the mixture slightly thickened. Beat slightly three of

the whole eggs and two yolks (leaving two of the whites for meringue), mix with other ingredients and add to the cooked mixture.

Place in a greased baking dish and bake in a 325 degree oven until firm in center. Remove from oven and place over it in peaks a meringue made by beating the two egg whites very stiff, then adding four tablespoons of granulated sugar and one-fourth teaspoon vanilla. Return to oven at the same temperature (325) for about 18 minutes to brown. Serve cold.

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