

Conscious Pie to whet appetites

CREAM PIE
 1 cup milk
 1 cup sugar
 3 eggs
 Salt
 1 tablespoon cornstarch

Vanilla
 Candied cherries
 Boil till thick and pour into baked pie shell. Put meringue on top and brown in moderate oven.

MRS. GUY PIERCE
 Brackley

LEMON MERINGUE PIE
 1/2 cups sugar
 one-third cup cornstarch
 1/4 cups water
 3 egg yolks
 1 tablespoon butter
 1/4 cup lemon juice
 1 teaspoon lemon rind

Mix sugar and cornstarch in saucepan. Gradually stir in water. Cook over medium heat, stirring constantly until mixture thickens and boils. Boil one minute. Quickly mix in egg yolks. Boil one minute longer, stirring constantly. Remove from heat. Continue stirring until smooth. Blend in butter, lemon juice and rind. Pour into baked 9-inch pie shell. Cover with pie meringue. Bake. Serve when cool.

BERTIE COOK
 Wood Island West WI

SQUASH PIE
 2 cups squash, cooked and mashed
 1/2 cups brown sugar or honey
 1 teaspoon salt
 3 cups scalded milk
 1/2 teaspoon nutmeg
 1/2 teaspoon cinnamon
 3 eggs, separated
 1 teaspoon ginger

Mix all together except egg whites. Beat these and add last. Makes two large pies.

FRANCES WALSH
 Elliotvale

PIE CRUST
 2 cups flour
 1/2 cup lard
 1 tablespoon salt
 1 teaspoon baking powder
 1 pound lard or shortening
 Mix together, then add in a cup 1 egg. 1 tablespoon vinegar. Fill cup with cold water. Keep in refrigerator.

MRS. SILAS MacKAY
 Beach Point WI

BANANA PIE
 1/2 cup sugar
 1 egg yolks (beaten)
 1/2 cup flour
 2 cups milk (scalded)
 1/2 cup cornstarch
 1/2 tsp salt
 1 banana sliced

Mix sugar, flour, cornstarch and salt thoroughly. Add egg yolks and milk. Cook and stir over low heat until very thick and smooth. Remove from heat. Chill.
 Use baked pie shell. Cover with sliced bananas. Pour in cream filling. Cover with meringue (2 egg whites beaten stiff). Add 4 tbsp. sugar. Place pie in slow oven. Bake until meringue is golden brown.

MRS. HERMAN PAUPPITTE

HONEY CUSTARD PIE
 2 cups scalded milk
 4 tsp honey
 1/2 tsp salt
 1/2 tsp vanilla
 3 eggs or 5 yolks
 few grains nutmeg

Add honey and salt to scalded milk, add vanilla to eggs. Add milk mixture. Gradually pour into unbaked 8 inch pie shell. Bake in 450 degree oven for 25 minutes or until done.

MRS. VERNON MACDONALD
 Parkdale

PASTRY
 4/4 cups flour
 1/2 tsp. Baking Powder
 1/4 tsp. salt
 1 egg
 1 1/2 cup vinegar in a cup
 Fill cup with water
 1 pound and

MRS. GUY PIERCE

PUMPKIN CHIFFON PIE
 9-inch baked pastry shell
 1 envelope unflavored gelatin
 1/2 cup sugar, divided
 1 teaspoon cinnamon
 1/2 teaspoon salt
 1/2 teaspoon ginger
 1/2 teaspoon nutmeg
 two-thirds cup evaporated milk
 2 eggs, separated
 1/4 cups canned pumpkin

In a saucepan, combine gelatin, 1/2 cup sugar, cinnamon, salt and nutmeg. Stir in evaporated milk and beaten egg whites. Cook-stir on low heat until slightly thickened.
 Beat egg whites to soft peaks. Gradually add remaining 1/4 cup sugar. Continue to beat until they will hold a stiff peak. Fold in pumpkin mixture. Spoon into baked pie shell. Chill until firm. Garnish with whipped cream, whipped cream cheese or low-calorie topping.

MARIAN FRASER
 Sunbury RRS

BUTTERMILK PIE
 2 eggs buttermilk
 1 cup sugar
 1 tablespoon butter
 4 tablespoons flour
 3 egg yolks
 Salt
 1 teaspoon lemon extract
 Cool as for lemon pie. Pour into baked pie shell and cover with meringue. Brown in oven.

FRANCES WALSH
 Elliotvale

LEMON CHIFFON PIE
 1 cup sugar
 Add juice and rind of one large lemon, 3 tablespoons boiling water. Cook in double boiler. 1/2 cup sugar, stirring all the time. Beat whites of four eggs (which have been chilled) until stiff and add 1/4 cup of sugar to whites of eggs.

Put mixture into baked pie shell and put in very hot oven. Cook about 30 minutes or until browned.

Do not place in a place where there is any draft or wind blowing when taken out of the oven.

MRS. WILLBUR CAIRNS
 Carlton Sliding WI

LOT WATER PASTRY
 1 cup lard
 1/2 cup boiling water
 1 teaspoon baking powder
 salt
 Flour to make dough stiff enough to roll.

MRS. GUY PIERCE
 Brackley

PEACH PIE
 Measure into bowl:
 2 cups sifted flour
 two-thirds cup shortening
 4 tablespoons water
 Combine flour and salt in a bowl. Cut in shortening until the pieces are the size of small peas. Add cold water and mix with fork until dough holds together. Form into balls. Divide in two and roll out each half to 1/4-inch and half thickness. Line 9-inch pie plate with half.

Filling:
 2 cups sliced drained peaches
 1/2 teaspoon ginger
 2 tablespoons flour
 1/4 cup brown sugar
 1 tablespoon shortening
 Combine flour, shortening, sugar and cold water and mix with fork until stiff. Seal edges and prick steam vents in top. Bake at 400 degrees for 30-40 minutes.

FRANCES WALSH
 Elliotvale

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SERVICE

APPLE AND CRANBERRY PIE
 Line a well buttered pan with pastry. Peel, core and slice 4-5 apples. Spread in layers on the pie plate. Between each layer of apples add several spoonfuls of cranberry sauce (1 cup needed). Cover top with pastry. Prick pastry to allow steam to escape.

Bake in hot oven first, then reduce the heat to allow the apples to cook.

MRS. RAY GALLANT
 Millcove WI

PASTRY
 1/4 cup shortening
 Pour over this 1/4 cup boiling water. Mix well, then add:
 1/4 cups flour
 1/2 teaspoon salt
 1/2 teaspoon baking powder

MRS. FRANCES WALSH
 Elliotvale

CARROT PIE
 1 cup coarsely grated carrots
 1/4 cup milk
 1-3 cup sugar
 3 eggs
 1 tsp. lemon extract

Cook carrot and milk together for five minutes. Then add sugar. Add slowly to well beaten egg yolks and flavoring and cook for 10 minutes.

Put into uncooked pie shell and bake 30 minutes. Cover with meringue or serve with whipped cream.

FRANCES WALSH
 Elliotvale

PIE CRUST
 1 1/2 cups flour
 1/2 teaspoon salt
 1/2 cup shortening
 1/2 cup (fill crumbly, then add water enough to make dough soft to roll).

MRS. FRANCES WALSH
 Elliotvale

CHERRY PIE
 1/2 cup butter
 1/4 cup sugar
 3 eggs, separated
 1 cup chopped raisins
 1 cup chopped nuts
 1 tsp. vanilla

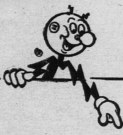
Cream butter with 1 cup sugar, add beaten egg yolks and 1 egg white, stiffly beaten. Blend well, add fruit and nuts and 1/2 tsp. vanilla.

Pour into unbaked pie shell, bake in a hot oven (400 degrees) for about 15 minutes or until filling is set. Reduce temperature to 325 degrees, beat remaining egg whites until stiff fold in remaining sugar and vanilla.

Cover pie with meringue and return to oven, bake about 15 minutes longer or until meringue is brown.

ANNE WILLIAMS
 Beach Point WI.

LADIES . . .



CLIP AND TACK UP THIS HELPFUL GUIDE IN YOUR CUPBOARD FOR REFERENCE

OVEN TEMPERATURE AND TIME CHART

Water Simmers	180 deg. F
Water Boils	212 deg. F
Slow	250 deg. F. to 300 deg. F.
Moderate	300 deg. F. to 350 deg. F.
Hot	350 deg. F. to 400 deg. F.
Quick	400 deg. F. to 450 deg. F.
Very Hot	450 deg. F. to 500 deg. F.
For Broiling	350 deg. F.

Time-Table for Baking


Bread (loaf), according to size	45 to 60 min.—375 deg. F.
Yeast Rolls and Biscuits	12 to 15 min.—375 deg. F.
Baking Powder Biscuits	6 to 10 min.—400 deg. F.
Muffins	20 to 25 min.—350 deg. F.
Cookies	7 to 9 min.—350 deg. F.
Gingerbread	25 to 30 min.—350 deg. F.
Layer Cake	18 to 25 min.—300 deg. F.
Loaf Cake	40 to 60 min.—350 deg. F.
Fruit Cake (low oven)	2-3 hrs.—300 deg. F.

Table of Weights and Measures

3 teaspoons	1 tbsp.	16 tablespoons	1 cup
4 tablespoons	1/2 cup	2 tablespoons	1 liquid ounce
5/3 tablespoons	1/3 cup	1/2 cup	1 gill
8 tablespoons	1/2 cup	2 cups	1 pint
10 2/3 tablespoons	2/3 cup	4 cups	1 quart
12 tablespoons	3/4 cup	4 quarts	1 gallon

Equivalents to One Pound

Almonds, chopped	4 cups	Flour, sifted	4 cups
Apricots, dried	3 cups	Graham Flour, unsifted	3 1/3 cups
Baking Soda	2 cups	Hominy	2 1/2 cups
Bran	10 cups	Meat, chopped	2 cups
Bread Crumbs, dried	4 1/2 cups	Molasses	1 1/2 cups
Butter or other fat	2 cups	Onions, chopped	3 cups
Cheese, grated	4 cups	Pellets, seeded	3 cups
Chocolate, shaved fine	3 1/2 cups	Rice, uncooked	2 1/3 cups
Cocoa	5 cups	Rolls Oats	5 cups
Cocoanut, shredded	5 cups	Salt	2 cups
Coffee	4 2/3 cups	Sugar, brown	2 1/3 cups
Cornmeal	3 cups	Sugar, granulated	2 1/3 cups
Cornstarch	3 cups	Tapioca	2 3/4 cups
Currants	3 cups	Walnuts, chopped	5 cups



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