

EVERYWOMAN'S HOUSEHOLD DEPARTMENT

Food and Housekeeping Efficiency

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Different Pastries and Their Uses

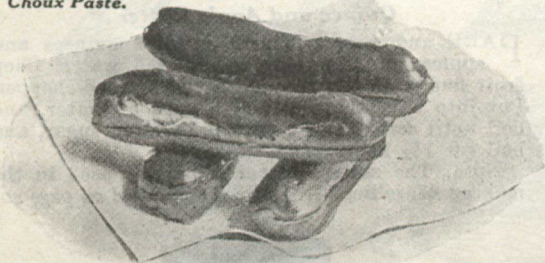
THE Canadian cook has such an enviable reputation as a maker of pies that in many cases she needs little in the way of suggestion. For that occasional one, however, who has felt that she has not the "knack," and for the young housekeeper who has, perhaps, not yet tried her hand at it, a discussion of the different kinds of pastry and the uses for which each is most suitable will be in order.

The making of pastry is an old art indeed, and even in our day of new and numerous shortenings, refined sweeteners and highly-developed milling, we are inclined to think that the pastry made by the Orientals in ancient days, of "flour, fresh sweet oils and honey" may not have been hard to take!

We have quite definite divisions in our pastries nowadays, to include puff or flaky pastry, Choux paste, rich and plain short pastry, frying batters, suet pastes, and the thin, crisp pastry that makes a mere shell or container, such as those illustrated on page —

There is one quality that is commonly desired in all of these—that they be light. Various things contribute to this lightness:

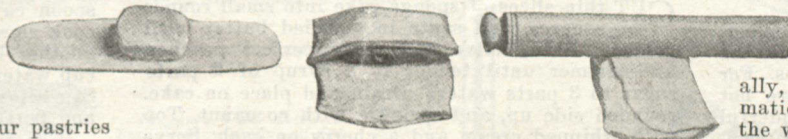
Eclairs are made with Choux Paste.



1. The cold air bubbles which are in the pastry when it goes into the oven. This air, heated, will expand, and so lighten the pastry.
2. Baking powder is used as a lightening agent.
3. Eggs have a lightening, as well as richening effect.

But greatest of all is the way in which the materials are put together, and the low temperature at which they are kept until ready for the oven.

Shortenings have come into great prominence in late years, and where pastry was formerly made with butter, butter and lard, mixed half and half, suet or drippings, for the plain pastes and puddings, we have to-day a wide choice. Butter is so expensive that we turn gratefully to oleomargarine, the vegetable shortenings, and the cooking oils, that offer us such wide variety. Individual



Place butter on paste, fold over each flap and flatten gently with pin before rolling.

tastes differ regarding the use of these, but a little experiment will soon teach the cook which she prefers. Half and half of butter and some other shortening holds the favour of many cooks. Whatever it is, it must be very cold before it is used, and kept so during the manipulation and standing.

The shortening used must be fresh and sweet. Any substitute is preferable to rancid butter. The flavour of butter, if poor, may be greatly improved by kneading it in sweet milk and then in cold water, squeezing it well in a floured cloth to get all the moisture out. Superfluous moisture and the salt are always better to be removed.

To Make Light Pastry

LINE, starchy flour makes the lightest pastry. There are excellent all-purpose flours on the market in normal times, that from the new crops this fall will be milled according to the old pre-war standards. These, or a good special pastry flour, are best—the gluten, so valuable in bread flour, tends to make pastry tough.

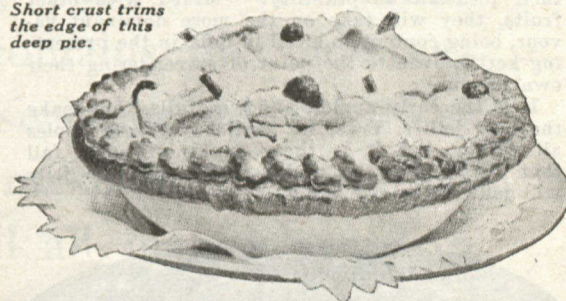
Flour should be stored in a cool, dry place, and repeated sifting of the quantity in use will introduce much air, as well as remove any lumps. If

baking powder is used it should be sifted with the flour.

The mixing of paste is most important, and although the rules are few and simple, they must be followed if good results are to be obtained.

1. Materials must be cold—the shortening and liquid very cold.
2. Care must be taken not to heat them by unnecessary contact with warm fingers, or an extra moment's standing in a warm room.
3. Fat should be rubbed in quickly and lightly with the tips of the fingers (unless other special instructions are given), just after they have been rinsed in cold water. Never use the palms of the hands.
4. Liquid, very cold, is added gradually, but as quickly as possible, avoiding the formation of lumps, and keeping the consistency of the whole mass uniform. The average proportion of liquid will be ½ pint to a pound of flour.
5. After the fat is rubbed in, the mixing should be done with a spatula or a knife, which will be colder than the hands. A light, firm touch will soon be cultivated.
6. Never roll paste back and forth, but always in short forward rolls, lifting the rolling pin between rolls. Never roll puff pastry off the edges, as that forces out some of the air. Roll near the

Short crust trims the edge of this deep pie.



edge, then a short roll from the edge toward the centre.

7. Pie-crust may be kept a week, with improvement, rather than deterioration, if it is closely covered in a dish and kept in a cool place, or in the ice chest in summer. (Continued on page 43)

Digging In For The Long Months

Many Things Done Now, Will Repay Us During the Coming Winter, and Even Next Summer

THE fall like the spring, is indeed a make-ready season. Summer, with its decided heat, is behind us; winter, with its decided cold, is before.

Even though the days are still mellow and no frost has touched us, it is wise to anticipate winter just enough to realize that there are many things we can do now to add greatly to our comfort when cold weather comes. And as the warm days leave us, we must look forward to a still more distant time—the next warm season—and see that all the trappings of summer are put away in the manner that will insure their reappearance in the best possible shape.

Delightfully between-seasons as our autumn is, there are, then, many chores for the housekeeper that belong to it exclusively. It is pleasant work, however this setting one's house in order for a new season, salvaging all that is left in the garden, and acquiring a growing contentment with the knowledge of household goods safely stowed until the need of them shall come again. Here are a few general hints that may adapt themselves or suggest other timely items that will repay attention.

The porch has gradually claimed nearly all of our cushions during the summer, and many of the covers are soiled or faded, and must be brightened up for indoor use. It is surprising how well such covers as those of silk brocade, and heavy upholstery materials, will wash—and how easy they are to do. Soak them first in salt and water, to set the colour. Make a suds, using soap flakes or a first-class soap which has been shaved thinly and put on in cold water to melt. A gentle rubbing with the hands, will quickly loosen even the deeply embedded dirt. A little of the melted soap, cooked to moderate warmth, may be poured directly over stubborn spots. Rinse in clear, luke-warm water several times, removing every particle of soap, hang up at once, in a shaded place and iron while still damp.

Others will clean with gasoline or perhaps require new covers. Sometimes a new cord will freshen a cushion.

Treating Furniture

FURNITURE that has been exposed to the weather on the verandah, requires going over before it resumes its place in sun-room or living room, or is stored away until next year. Reed furniture or that of painted wicker, is in most cases in use all year. A certain amount of dust will have lodged in it, and is best treated in this way.

Make a light lather, as for washing cushion covers. With a common nail-brush or an old whisk, wash the chairs, getting the brush well into the crevices, but not soaking the chair. Rinse promptly with clear water and dry in the sunshine. If the furniture is white, or one of the lighter colours, it may require a single coat of enamel paint to make it really fresh looking. Have such paint quite thin, so that any surplus will run and drip off, not clot and come away later on some person's clothes.

Strictly verandah furniture should be brushed well and stored in a dry place, where it will not warp. The upholstery of a swing couch should be well brushed and closely covered with newspapers or an old quilt.

Cotton clothing that is to be put away until next season should be washed and blued, but not starched. Starch is said to rot the clothes, during a long term. They need no ironing, but should simply be rough-dried and folded away, being sure that there is no lingering dampness.

If the furnace, fire-places and chimneys have not been cleaned during the summer months, it is essential that they be put in condition without further loss of time. Furnace and heaters should be well cleaned out parts examined and any necessary repairs made. Chimneys should be swept—one shower of soot may prove a very destructive matter, and also, a good draft is necessary to a properly working fire. Furnace, stoves and heaters in first-class condition, will help materially to conserve the coal which we are told is to be precious as ever this winter.

Did it ever occur to you that your piano might prove a great attraction for moths? If you have not been watching it this summer, it will be well

to open it up, and whisk off the felt on the hammers. Moths often find very congenial homes there, and may flourish unsuspected until discovered by the piano tuner (whose visits, unfortunately, do not always occur three or four times a year), in spite of the fact that the lack of this consistent little attention greatly shortens its musical life and lowers its quality immeasurably.

Most mother's hearts are truly plagued during the school term, by the texts and note-books that seem to be all over the house—or that are unaccountably missing when the home study hour arrives. The untidiness and the tiresome hunting are both avoided if there is one definite place where school-books must be put immediately the child arrives at home—with the additional advantage of the forming of a neat and orderly habit.

If lessons are done in the living-room, there may be a drawer or a corner of the book-case available for the youthful student's use. A shelf in the closet, a drawer in the hall stand or the sideboard—in fact any place that is convenient for the mother and not too high or too discouragingly far away when the youngster comes in with probably just two things in mind—an after-school "piece" and a good play.

Now, at the commencement of the new term, is the time to establish the reform, if reform is needed.

Warm Bed Clothing

THERE will be cold nights, before long, when plenty of warm bed-clothing will be needed. Now is the time to go over the winter blankets and quilts and bring them up to the mid-winter requirements.

Very cosy and serviceable quilts may be made of woollen blankets that have become shabby in service. Spread the freshly washed blanket out flat, darning or patching it where necessary. Two blankets may then be tufted together—with a layer of wadding between, if a very warm quilt is desired. Or the cotton batting may be tufted on to a single blanket simply spreading the layers on the blanket and catching it through here and there with a stitch

(Continued on page 43)