

GOOD PIE

Written by the author of

“Good Bread” and “Left Overs”*

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C. I. Hood & Co., Proprietors of
Hood's Sarsaparilla, Lowell, Mass.

Poor Pies deserve all the anathemas that have been written about them, but Good Pies are worthy of a place in our menus. Not at every meal, and not even once a day, as has been the custom in many families, but occasionally for dinner and especially for luncheon they are suitable, and may be eaten without harm by those who take active exercise and are in health.

They afford a convenient and economical way of serving many foods, and give a pleasant variety to our meals.

Following out the general plan in mind when we issued “Good Bread,” the proprietors of Hood's Sarsaparilla take pleasure in presenting our housekeepers another book in the same series.

By carefully observing the following directions it will be found an easy matter to have upon any table, a light, well baked, flaky crust filled with some wholesome mixture, and which well deserves the name of Good Pie.

General Directions for Pastry.

Use St. Louis flour which is made by the “old process” and is often called pastry flour. Use good, sweet, firm butter, from which the buttermilk has been well worked out, and lard which has been melted and tried out in the old fashioned way rather than pressed. The shortening qualities of each will be found greater than when much water has been left in them. It is better when making pies to use half and half, or one-third lard and two-thirds butter, but puff paste has a better flavor when made of butter alone. Have the water as cold as possible, and mix the dough stiff enough to take it all up in a ball with the knife. Keep the butter and lard hard and cold, work quickly, roll lightly and

with a fan-like sweep, and just enough pressure to make the dough grow thinner with every rolling. You may roll in any direction, but do not bear down hard and press back and forth without lifting the pin, as if your only object was to stick the dough to the board. Use only flour enough to keep the dough from sticking. Keep the rolling-pin and the board well floured but do not flour them when sticky; scrape off the dough, wipe them and then flour them. A hard, smooth and clean board and pin, are just as well as a marble slab and glass roller.

Bake pies on tin or granite plates, as the under crust will be better done than when baked on earthen. Never grease them, dusting with flour is sufficient. Remove to earthen plates when baked. Have a good fire and a hot oven with the heat greater on the bottom, that the under crust may be well baked and the crust rise before browning. Juicy fruit pies should bake slower than other kinds.

Plain Pastry, for One Pie.

1 cup sifted pastry flour,	1 heaping teaspoon
1-4 teaspoon salt,	lard.
1-4 teaspoon baking	Same of butter.
powder,	Cold water to mix
	stiff.

Measure the lard and butter and set them in a cold place until hard. Mix the flour, salt and baking powder, then cut in the lard. Wet with cold water to a stiff dough. Toss on a floured board and pat it down until half an inch thick; roll out, spread the butter on the paste in little dabs here and there, dredge with flour, roll over and over, turn half round, pat and roll out again. Then roll over and over and divide in the middle. Turn each piece over on end so the rings of paste are on the top, pat down to a flat, thin shape, keeping it round, and set them away in the ice chest until cool

* Copy of “Good Bread” or “Left Overs” sent to any address for 2c. stamp.