

EXPERTS GIVE POINTERS ON PASTRY ART

For pastry-makers, and that includes nearly every cook, the Safeway Stores Homemakers' bureau offers these pointers:

All ingredients should be as cold as possible. Use the "water method" for measuring shortening—that is to measure $\frac{1}{2}$ -cup of shortening, measure a $\frac{1}{2}$ -cup of water and press into it enough shortening to raise the water to the 1-cup line. Drain off the water, run a knife around the edge, and the shortening will drop out, leaving the cup clean. Similarly, to measure 2-3-cup shortening place 1-3-cup of water in cup and add shortening to raise water to one full cup.

Not Too Fine
Do not blend shortening and flour too fine. It should be coarse as peas, because these bits of shortening make the pastry flaky. Blend with two knives, a pastry blender, or wire potato masher—do not blend with your hands, unless you are an expert, as the heat of your hands will melt the shortening and ruin the crust.

Use just enough water barely to hold mixture together. Do not use all the water if mixture does not seem to need it, and do not use any more than the recipe designates. Add the water a few drops at a time, mixing with a fork, gently tossing the mixture together.

Turn on a floured board, pat lightly and gently roll into a long narrow strip. Dot or spread with 1 or 2 tablespoons of additional shortening and lightly roll it up, like a jelly roll. Cut roll into three parts. Place cut end of pastry down on the board and roll out the piece.

Important Step
The rolling-out is important because good pastry is easily ruined by too much rolling. Do not press down too hard. Lift your little finger on each hand and point it straight out, away from the rolling pin, and then you simply cannot press down hard.

Lower crust—Do not stretch the lower crust, but allow plenty of "slack," so to speak. Make the lower crust slightly thicker than the top one so that the pie may be "skidded" onto a plate without danger of breaking the crust.

Top crust—Allow the top crust to hang over the pan and trim it off to about one-inch of the pan's edge. Tuck the over-hanging crust under the lower one, and thus seal your pie, but do not pinch it as this makes the outside edge so thin as to burn easily. In the top crust make a few cuts in any desired patterns in order to permit the steam to escape.

Individual pie-shells may be made by making the crusts on the backs of muffin tins. Be sure to pierce them well so they will bake evenly and not blister.

Old Card Tables Given New Dress

Card tables may be rejuvenated by covering them with covers from old magazines. Pictures of flowers are best, but others may be used. Remove the old covers from the tables and paint the frame and legs. Trim the pictures carefully and arrange them to cover the top completely, saving especially attractive pictures for the center. A fan-like arrangement of the pictures can be used. Cement the pictures carefully to the table with glue, or better still, rubber cement. Be sure to cover the entire back of each picture with the glue or cement and press each picture down firmly and smooth out all wrinkles. When the glue has dried thoroughly, apply at least eight successive coats of orange shellac, allowing plenty of time for each coat to dry. Orange shellac gives the pictures an antique effect.

"Chemical Bath" Polishes Silver

Plated silver may be cleaned with any good commercial polish or by a method which is known as "electrolysis." Make a solution of one tablespoon of salt and one tablespoon of soda to each quart of water in an aluminum kettle or anything containing a strip or piece of aluminum. The silver is then placed in the solution so that it comes in contact with the aluminum and allowed to stand there until the tarnish is removed—which is almost instantly. Then wash in clean, soapy water and dry in the usual manner. If a higher luster is desired, polish with a jeweler's polishing cloth.

This method, for use on plated silver only, is nothing more than a chemical reaction between two metals which removes the tarnish, and it has been proved by tests that this method removes less of the valuable metal than other cleaners.

Teakettle Scale Easily Removed

Lime deposits in aluminum tea kettles are best removed by heating the empty kettle thoroughly over a low flame, then tapping the bottom with a wooden block or wooden potato masher to crack the coating.

Very thick scale is difficult to remove and it is best to treat the kettle as other utensils are treated, emptying it each night and allowing it to dry, and washing it inside several times a week. This will prevent the formation of scale.

Helpful Hints For Dried Fruit Cooking

When cooking dried fruits, such as prunes, apricots and figs, add a teaspoon of cornstarch to each half pound of fruit. This makes a good syrup and improves the flavor. In cooking very sour fruits much less sugar is required if a little salt is added and the flavor will also be improved. Before adding the sugar, stir in a quarter of a teaspoon of soda to each quart of acid fruit when stewing it and much less sugar will be required.

PACKING THEIR KITCHENS IN TRUNKS



Members of the Safeway Stores Homemakers' Bureau staff, who are directing this year's course in kitchen-nering, are shown packing their trunks in preparation for their travels.

A complete kitchen that can be carried in a trunk! (Well, the kitchen range and refrigerator are not included). Otherwise this kitchen is a duplicate of the Safeway Stores Homemakers' bureau test kitchen. Homemakers attending the Kitchen-nering course will note the colorful equipment used, Julia Lee Wright, director of the bureau, and her assistants, are firm believers in color—the testing kitchen itself is a symphony in cherry red and cream. The first equipment ordered for the kitchen was a red tea kettle acquired only after long search. To go with this bright red tea kettle are green walls, built-in fixtures of leaf green and bright checked curtains in which red predominates.

So cheerful did Mrs. Wright and her assistants find this color scheme that it must go traveling with them throughout the west.

The red tea kettle has become a sort of trademark for the Homemakers' bureau. The Kitchen-ners themselves have grown so fond of their cheerfully bubbling slogan they have hunted red tea kettles for their own homes.

Breakfast Eggs In New Attire

Tired of having fried eggs stare you in the face with their expressionless eyes. Then try this—Breakfast Eggs in Cases, a combination of eggs and toast that is not only attractive but delicious.

Cut small loaves of day-old white bread into slices about $1\frac{1}{2}$ to 2 inches thick. Trim off the crusts, and with a sharp knife, hollow out each slice, leaving a wall and a bottom one-quarter inch or more thick. Put the inside of this with butter and break one or more eggs in each case, and season with salt and pepper.

Place on a shallow pan and bake in a moderate oven (325 to 350 deg. F.)—no warmer, and allow the bread to toast slowly and the eggs to set, fully 20 minutes.

Serve hot with crisp bacon or sausages and sprinkling of parsley. Allow one case for each person.

Many people for whom breakfast would not be complete without eggs prefer them coddled to any other form of cooking them. Heat water to boiling before eggs are put in. Then remove from the fire. Allow eggs to stand in the hot water for four or five minutes before serving. They will be cooked to a jelly-like consistency and are palatable and easily digested when served with butter and seasoning to taste.

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MERINGUE SPARKLING CROWN FOR PASTRY'S ROYAL FAMILY

Meringue is the sparkling crown for much pastry. To give pastry that final royal touch, try this method:

Beat egg whites until stiff and dry; then gradually beat in two tablespoons of granulated sugar to each egg white used until thoroughly blended. A drop of lemon flavoring improves all meringues. Pile high and rough in appearance, spreading to cover the entire top of the pile.

If meringue is drawn clear to the rim of the crust, it will not shrink or form drops of moisture. Bake in a cool oven (300 degrees F.) for about 15 minutes. If baked slowly

the meringue will not fall. Drops of water on meringues are also caused by not beating the sugar in enough. Meringues fall because they are not enough sugar and because they are baked too fast and in too hot an oven. Too hot an oven seals the outside, leaving the meringue underneath uncooked.

A meringue should dry out first and then brown. Watery meringues are caused by too hot ovens.

A hantam hen which fell into a 75-foot well near Durant, Okla., was rescued after floundering around in the deep water for two days.

TEMPERATURE VITAL FACTOR

Temperature is a very important factor in the preparation of good pastry. No matter what kind of a pie is in the making, or the filling that is being used, the oven must be hot (425 to 450 deg. F.) when the pastry is put in. The pastry shell will be baked in about 10 minutes. For a two-crust pie with a raw filling, reduce the heat in 10 minutes to 350 deg. F. and bake 20 to 40 minutes longer, or until the filling is cooked.

A single crust pie, such as pumpkin or custard should be put in a hot oven for 10 minutes and the temperature then reduced to 450-degrees. Bake until the filling is firm.



a Bear of a Breakfast



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Max-i-mum Syrup is now being featured at Safeway Stores Homemakers' Bureau "Kitchen-nering" Courses. It has merited the Homemakers' Bureau Seal of Approval because of the distinctive, true Maple flavor.

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