A PLEA FOR GOOD PIE

ET IS A WHOLESOME FOOD IF PROPERLY MADE.

The Crust Should Be of Wafer-like Thinness and Crisp and Flaky. Five Rules to Be Observed In the Making of a Perfect Pie.

Although food theorists and food cranks have varying opinions as to the wholesomeness of certain foods, they one and all agree in denouncing ple.

It is the one dish most ardently condemned, and yet the one dish most
aniversally liked—at least by Americans, Still, notwithstanding the bad reputation pie enjoys, it is a whole-

some dish if properly made.

In making it the average housewife rolls out a heavy, sodden crust, and then spreads it in a thick layer over the bottom and sides of a ple plate. She forgets to rub this crust with the white of egg and immediately puts in the filling of custard, fruit or mince meat, whose juices will later soak into the crust, making it still more sodden.

the crust, making it still more sodden. She then covers the pie, perhaps, with another layer of this thick pastry and puts it in an oven that is not hot enough. The oven should be so hot that the pastry will brown before the butter in it has barely a chance to melt. The crust will then be crisp.

Another reason why pies are so universally disapproved is that they are nearly always made with lard, or half lard and half butter. Lard should never be used in a pie or, in fact, in any dish. An eminent physiologist in a leading university says that "lard is the bane of American cookery and is fit for no stomach except a pig's." A tiny for no stomach except a pig's." A tiny bit of lard in a batch of bread may be excusable, but even then butter is bet-

All pie crust, of course, should be of All pie crust, of course, should be of wafer-like thianess. Not only are properly made crusts harmless, but some popular fillings are exceedingly wholesome. What, fee instance, could be better than a custard or a pumpkin alling? The latter is, as a rule, only a custard rich in eggs, with an addition of pumpkin and a few spices, which are aids to digestion.

Without doubt all pies should be

which are aids to digestion.
Without doubt all ples should be eaten in moderate portions, especially by delicate persons, but this rule applies to any dish. Even cream is not

piles to any dish. Even cream is not good for persons under certain conditions, yet no one but a crank would fiery it to a person in good health. Many food faddists expect healthy people to live daily on an invalid's diet. There are five rules to observe in the making of a perfect pie. First, rub the undercrust with the white of an egg before putting is the filling to prevent it from soaking into the pastry; second, bake it in the hettest of ovens; third, niace it in the lower half of the third, place it in the lower half of the oven at first against the bottom, later removing it to the upper shelf; fourth, always place crust in the refrigerator to become thoroughly chilled and hard before filling and baking it; fifth, pound the pastry well until it is filled

with air spaces.

Volumes could be written on the correct treatment of pastry. Any of the recipes in standard cookbooks will do, however, if a few details are carried

A marble board is an ideal arrangement for rolling pastry. A current household magazine suggests that the hideous marble tops of old fashioned tables might be fitted up for this pur-

Smooth, even ple crust is an abomina-tion, and yet many housekeepers think that is the proper way to have it, and sometimes they will even be heard to complain when by accident their ple crust is rough and almost breaking into wafer-like flakes. This flakiness is, however, the proper condition of

Pies as a rule are better adapted to a winter than a summer dist, because of the butter, which makes them too rich for warm weather fare. Fruit ples, however, are good at all seasons, and there are few things more attrac-tive than huckleberry and other fruit ples even in the hottest dog days. There are also man' good cold meat ples which are welcome at picnics. When preparing a chicken or meat pie it is always better to add a little baking powder to the regular rule for ordinary ple crust.

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Add one cup of butter to every two cups of flour (pastry flour). Then clop together in a wooden bowl, with an ordinary old fashioned chopping knife, until the mixture is broken into small bits the size of peas. Add half a cup of ice water. Mix with a knife, then beat and turn and beat and turn until the whole is smooth, but full of light-ness. This pounding and turning is better if done upon a marble board in a cool storeroom or cellar. Never touch the pastry with a spoon or the hand, but with a knife; then put it where it will become ice cold and hard before rolling it out.

There are several variations to this rule which can do no harm. If baking powder is wanted, add a teaspoonful to this amount of flour and butter.-New York Tribune.

Not So Attentive Now. "Is Tim Slimmers still paying atten-tion to Mandy Tompkins?" asked the man who had been away from home

for some time.
"No," answered Farmer Corntossel. "They don't neither of 'em pay any tention to the other. They're married."-Washington Star.

"Yes," said old Skinner proudly, "luck and pluck made me, but mostly

NOTICE.

sible, and the latter an agreeable friend, whose presence is always to be DESCRIPTION. OWNER. On the contrary, however, they are both elements of human life intended to work in harmony with each other, and thus to produce a beneficial effect upon us that neither one could effect alone. Every difficulty rightly treated leads by a direct road to ease. How hard and perplexing were the first trembling steps of the infant as he totof nel4. n 1/4 & sw 1-4 & n 1/4 of se 1-4... tered to his mother's knee! A year or two later and the very easiest thing the healthy child can do is to leap, to run, to bound. Now he is slowly learn-ing the forms of the letters and pain-fully endeavoring to trace them with Chas L Harding R H Elliston.... M M Smith & Co. I L Jones, Agent

the pen, but in a short time he will read and write without an effort. So with everything he undertakes to do through life. Its difficulty when cour-ageously accepted and coped with gradually yields to its easy and smooth His Brand of Birds.

Nearly every man, woman or child who goes to Jefferson City pays a visit to the penitentiary, for, though a gloomy, forbidding place, it has a strong interest. While acting as assistant city counselor Jacques Harvey was at the capital on some legal business and wandered up to look over the "pen." He joined a party making the rounds, one member of which was a little girl. She became interested in the convict who handles the revolving cage that lets visitors in and out, and

There is not that conflicting an-tagonism between difficulty and ease that is commonly imagined. Many per-

sons count the former as the bane of existence, to be avoided as far as pos-

stopped to talk to him:
"'Do you find it dull here, sir?' she "'Indeed I do, miss,' the convict an-

swered.
"'Still,' said the child, 'the singing of the birds helps to relieve the monot-ony, doesn't it?'

ony, doesn't it?
"Steeling of the birds?' said the convict in a puzzled voice.
"'Yes,' said the little girl.
"'What birds?' asked the man.

"The well meaning but ignorant child with a hopeful smile replied; "The little jail birds. They must be a great comfort to you."-Kansas City Independent.

Truth Comes Out.
Timkins—So that mining enterprise of yours proved a failure, eh? Simkins —Yes; a total failure. Timkins—But I thought you said there was a fortune in it. Simkins-Well, mine's in it.-Chi-SCHOOL SCHOOL SC

undivided one-half interest in all less nw l-4 of nw 1-4. All fractional less n1-2 of ne 1-4 and

win of Punta Gorda, sees 1 and.
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el-4 of se 1-4 less right of way of R R
nd that part sublivided into lots
nd blocks and less land of E Wotitzy and less lot 24 block 6.
own of Cleveland—Northern portion
art of lot 1 and lots 2 and 3 and s1-2
f sw 1-4. own of Arcadia—Railroad Survey.

all sections 25 and and all sections 30 and lot 1 west of range line lots 13 and 14 lots 15 and 16 all less lots 1 to 10 lot 4. Unknown
A W Gilchrist
Unknown
E R Watson and D L
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Mrs M A Hewitt
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Fig. Pass. Agt. Dixie Flyer Route, Jacksonville, Fla.

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