She Can Bake a Cherry Pie...

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This Little Pig Stays Home . . .

By Margaret Stover

The little pig that used to travel so extensively is now content to stay at home and earn his board and keep three times a day on the dining room table!

Fancy bacon, in bygone days, was served with the customary egg at breakfast and that was its last appearance for the day. Today one finds attractive bacon dishes gracing the table the clock around.

Of course, bacon and eggs are the old American breakfast stand-bys, served the year around in all parts of the country. Even though they are universally demanded, their method of preparation varies. Many cooks are now broiling their bacon, instead of frying it in a pan, to get rid of the excess fat that drips off, leaving crisper, drier bacon strips.

Bacon may easily be prepared in an ordinary oven. Place the cold slices on a drip pan; place the drip pan on the wire shelf in a hot oven, and turn it now and then. This is an especially good way to prepare large quantities of bacon.

Another way, equally desirable, but newer, is to fry your bacon in deep fat. Fill an iron kettle half full of bacon fat or vegetable oil. Heat to 300 degrees Fahrenheit for vegetable fats. Drop the bacon in and cook until it is a golden crisp.

An interesting hors d’oeuvre may be made by spreading bacon with a piquant flavored cheese and broiling it in a hot broiler until crisp.

Scrambled Eggs, Tartuffs, is an attractive luncheon dish. Take:

2 c. canned tomatoes 6 slices bacon
2 t. sugar 1 slice onion
6 eggs

Add sugar to the tomatoes and cook slowly for 5 minutes. Add salt and pepper. Fry the bacon and onion, chopped fine, until bacon is crisp. Pour in tomatoes to which slightly beaten eggs have been added. Stir with a fork until light and creamy. Garnish with parsley.

YOU’VE tried corn fritters and apple fritters. Now try bacon fritters. If you have a favorite fritter recipe, just omit the fat and add six slices of crisp chopped bacon. If you don’t have an old stand-by try this one:

1 c. flour 1 egg
1 t. baking powder ½ c. milk
1 t. sugar ½ t. salt
6 slices chopped cooked bacon

Add the wet to the dry ingredients and stir until smooth.

Bacon muffins are an interesting variation of the age-old muffin recipe. Bacon may be added to any muffin recipe by omitting the fat and adding enough bacon to make it up. In case you haven’t a recipe handy, here’s one:

2 c. flour 3 t. baking powder
3½ t. sugar ½ t. salt
1 c. milk ¾ c. chopped bacon
1 egg (cooked)

Add the wet to the dry ingredients, stir only slightly, not until smooth. Bake in moderate oven.

She Can Bake a Cherry Pie . . .

By Gertrude Hendriks

Veishea visitors have come to know the home economics version of the popular axiom that the way to a man’s heart is through his stomach. This version says that the way to the public’s good will is via the cherry pie route.

Last year 2,000 cherry pies were sold to Veishea guests at the Home Economics Open House. To some regular visitors the pies constitute an outstanding feature of Veishea. At any rate, the cherry pie custom antedates Veishea itself.

For it started, says Mrs. Bess McLean—Mrs. McLean, back on the campus this year, was an instructor in foods and nutrition here before 1922—in the days when each division of the college held its own separate open house. At that time groups vied among themselves for distinctive offerings—the Military Circus remains as one of these. Home economics students celebrated their open house in December, on Ellen H. Richards Day.

And, Mrs. McLean recalls, cherry pies were not alone on the home economics menu. Ice cream was served with the pies and there were coffee and ham sandwiches. All of these were served in the food laboratories, through which the visitors paraded in single file.

For the cherry pies at the second home economics open house, Mrs. McLean suggested the change from plain crust to hot water crust. The system of making and selling the pies then was much as present students know it. The pie shells and the cherry filling, thickened, were made in advance; the shells were filled and the ice cream added as they were sold.

But there was a time when the pies were free!

Mrs. John E. Smith (Willetta Moore), who was in the Foods and Nutrition Department in 1921, (Continued on page 14)
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**Did You Know That...**

Run-proof hosiery has been announced by two prominent hosiery manufacturers? But that no satisfactory run-proof mesh has yet been found?

Sewn belts and cuffs are good on chiffon dresses.

Organdy, (often embroidered) guimpes are worn with frocks which are formal when the guimpe has been removed.

Black evening dresses with white chiffon petals at the shoulders are new for spring.

Scarfs fill in the neckline of coats and suits to give that “very high” appearance.

White cotton knitted collars and cuffs on dark woolen suits are one way to give a brighter effect.

New girdles and foundations are being made of two-way stretch material.

Striped gingham collar and cuffs are chic on a white blouse. And white organdy or pique on a colored blouse!

Padded shoulders in spring coats give that desired tailored line.

A sports model hat is made of pigskin silk.

Push-up sleeves and bateau necklines are new.

One writer refers to the spring silhouette as a “mermaid” one. Because dresses cling to the figure, outlining it at least to the knees, where the flounces or flares give the needed width at the bottom of the skirt.

“Glorifying the figure” might be taken as a spring slogan.

Nine or ten inches from the floor is considered the correct length for afternoon.

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**To Be Fat or Thin**

(Continued from page 4)

**VEGETABLES:** Eat four servings green vegetables daily, hot or cold, cooked or raw. Vary their uses in stews, salads, hash, soup. They are good for breakfast, also. Served of uncooked vegetable every day is advisable.

**EGGS:** One whole egg a day; extra whites may be used in desserts.

**MEAT AND FISH:** Use lean kinds.

**CHEESE:** Use cottage cheese as the fat has been removed.

**DESSERTS:** Gelatin, white of egg, skim milk, fruits, sherbert without sugar.

No pie or cake or ice cream or sodas.

**MAYONNAISE DRESSING:** Should be made with mineral oil instead of olive or other vegetable oils.

**SUGAR OR CANDY:** Sweets should not be taken in the diet. Instead, eat fresh fruits.

John Langdon-Davies, English author and critic, in a comparison of England and America, says, “We English, in our amateurish way, still eat food rather than vitamins and calories.” It may be that we Americans need not so much the added complexity of nutritional information as we need to develop a taste for our food.

Every woman who plans meals for her family must be something of a psychologist to give the family what they need in a way in which they will enjoy it. In order to appreciate food and digest it properly, one must eat it with pleasure. One old doctor in prescribing medicine to children always told them they could not taste what he gave them unless they smiled before each dose. It is surprising how much less bitter the medicine can taste when one concentrates on the smile instead of the dread of medicine-taking.

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**A Cherry Pie**

(Continued from page 2)

remembers the time when pies were distributed without charge. In the spring of 1922, at the first Veishea, tea and wafers were served in the “shacks” which housed the Art and Institution Departments west of the present Home Economics Hall.

In earlier years the pie-making was sponsored by girls in the Foods and Nutrition Department. More recently, however, the responsibilities have been transferred to Institution Management. Now the 2,000 pies, served with whipped cream, are sold for 10 cents apiece. Profits are credited to the Home Economics Club MacKay Loan Fund.

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**Ask the Foods Editor**

(Continued from page 1)

small hours of the morning—when one wonders why she ever left a 7-hour job for a 14-hour one. But always there is the answer. There’s a thrill in working with stimulating, eager men and women, of producing something you hope sometime will be good, of believing that you are getting the knack a little better of digging out new thoughts from big scientific words and passing them on to women in a popular, understandable style—and finally there’s the wallop one gets from doing all this against a background of the action, speed, hard work and hard play of a great daily newspaper.