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U. S. DEPARTMENT OF AGRICULTURE

MONDAY, November 13, 1933

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HOUSEKEEPERS' CHAT

(FOR BROADCAST USE ONLY)

SUBJECT: "Fall Pies." Information from the Bureau of Home Economics,
U. S. D. A.

--ooOoo--

If somebody should have a nationwide popularity contest for desserts, I'd put my bet on pie as the winner. At least I'm sure pie would win the men's votes. And this old-fashioned favorite has more to recommend it than taste. A good pie is a nourishing food and an inexpensive food. If you're planning low-cost meals for your family, pie will have a place on the menu.

At this time of year, one of our favorite pies is pumpkin pie. And that's a very good illustration of a nourishing and inexpensive dessert. The specialists at the Bureau of Home Economics proved that to my satisfaction the other day by making out an itemized bill for one very good pumpkin pie, large enough to yield six generous slices. Here's the way the itemized account goes. Less than two cents for flour. A fraction of one cent for lard. A little water, costing nothing, of course. There. For two and a half cents you have the makings of the pie crust. Now for the filling. Five cents worth of pumpkin. Two cents worth of butter. A little over three cents for milk. Three cents for an egg. Less than two cents for sugar and spice. That makes an excellent pumpkin custard filling with a flavor to suit the most critical man. And how much does it cost? Well, add the figures for the filling to the cost of the crust and you have just sixteen cents for the best pumpkin pie you could wish for. Please notice that this pie contains the nourishing protective foods we need in our winter diets--eggs, milk, butter and that yellow vegetable, pumpkin. These, in addition to the flour, sugar and fat which are fuel foods.

Two other fall pies much like pumpkin and also low in cost are sweetpotato pie and squash pie. You can make these with practically the same recipe as you use for pumpkin pie. In some parts of the country, squash or sweetpotato pie might be cheaper than pumpkin.

Still cheaper and perhaps even more of a favorite is applie pie. You can almost make this one dish into a meal in itself by serving it with melted cheese over the crust. A few minutes before you take the pie from the oven sprinkle grated cheese over the crust or put on a layer of very thin slices. Serve the pie hot with the cheese still melted over the top.

Still another inexpensive pie is the green tomato pie. Probably Jack Frost has nipped any green tomatoes in your garden long before this, but if you have some that you rescued and took indoors, you'll find that they make delicious filling for the next pie you serve the man of the house. To make this filling, cook the tomatoes with some lemon slices and a little water until they are tender. Drain off the juice, thicken it with a mixture of cornstarch, sugar and salt. Now add the tomato pulp and cinnamon and a little butter. There's your green tomato filling. Another inexpensive fall pie is made from green tomato mincemeat.

But you don't have to stick to the conventional form when you make your pies. The Recipe Lady has many suggestions for adding variety to your pie program. For example, you can make the crust with graham cracker crumbs instead of white flour. Roll up graham crackers fine or roll up any crisp cookie, or wafer. Combine it with fat, sugar, add a little salt, and bake slightly to melt the sugar. There you'll have a novel and interesting crust, something different for the family.

Even very fine toasted bread crumbs or zweiback you can use in the same way.

For special occasions like afternoon parties or luncheons, individual cream pies are very nice. Individual pumpkin pie served with whipped cream and plum jam is a treat I've mentioned before. Cream pie, chocolate pie, coconut pie, lemon pie and butterscotch pie are others that are especially adapted to individual service.

Fruit dumplings and fruit turnovers--other novelties that go to a man's heart, as well as to the appetite of everyone at the table. A cranberry and raisin mixture is inexpensive, very good, and especially delicious in a tart. Dumplings are best made with peach or apple.

There. I believe that's enough of a pie story for this morning. Now for our low-cost menu. A menu for the family on a chilly night. Cream of potato soup; Toasted cheese sandwiches; Lettuce salad bowl; Apple or peach turnover.

Tomorrow, your questions have the center of the stage. I'll answer the lady from Ohio who inquired about cleaning silver by electrolysis. And the one from New York who wanted to know whether cocoa is a good food for children. I'll also tell you about one of the new vegetables on the market.

