



ENJOY
Good Eating
EVERY DAY
THE EASY Spry WAY



AUNT JENNY



How to win compliments on all your cooking

By Aunt Jenny



Aunt Jenny

"YOU don't have to be a 'born cook' to make meals a joy for your family and guests. Reliable recipes and good ingredients — plus a dash of imagination — are all you need to be

perfection every time you bake. And Spry's amazing One-Bowl method makes it so wonderfully quick and easy to mix a cake now. Why, even beginners can turn out better cakes than old-timers with years of cake-making experience!

"You know that nothing sets you up as a super-cook so surely as a feather-light, velvety-soft, delicious cake!"

Tender, flaky pies

"I'll grant, though, that mouth-melting pies are runners-up for cakes in winning praise and glory. Spry is tops for pastry, too. Try it and see . . . You'll love Spry's easy 'Can't-Fail' Pastry method and your tender, flaky, delicious piecrust.

"Actually pure, bland, all-vegetable Spry is the *only* shortening you need for all your baking and frying. It's a joy to use, so soft and creamy and easy to mix. And Spry keeps fresh on your pantry shelf — never takes up precious space in your refrigerator."

a successful cook.

"Right here in this cookbook you'll find a wealth of grand recipes to help you win more compliments on your cooking. You can depend on every recipe for top-notch results. Each one has been tested and retested by home economists in the Spry Kitchen (see page 2).

"And Spry itself is the greatest help. Spry now has a special cake-success secret . . . It's Spry with *Cake-Improver*, and you'll love it!"

Lighter, finer, better-tasting cakes

"SPRY with *Cake-Improver* brings you the sure modern way to cake

"MAN! YOU SHOULD TASTE MY WIFE'S FRENCH FRIES!"

Foods fried the Spry way are crisper . . . so digestible!

- Spry is just wonderful for *all* frying! Use it every time you get out your skillet or fry kettle. There's no unpleasant smoke or smell at correct frying temperatures. And you get such crisp, golden, delicate-tasting fried foods. Foods fried the Spry Way are as digestible as if baked or boiled. Even the children can eat their fill!

For quicker, easier, better results,

use good ingredients

good utensils

YOUR cooking will be easier and better if you use good utensils like those shown here.

Spatula

Slotted wooden mixing spoon — for mixing cake batters, cookies, etc.

Standard glass measuring cup — one level cup equals 16 level tablespoons.

Nest of four single-capacity cups — $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and 1 cup.

Set of measuring spoons — $\frac{1}{4}$, $\frac{1}{2}$, 1 teaspoon, 1 tablespoon. *One level tablespoon equals 3 level teaspoons.*

Rubber scraper

Paring knife

Flour sifter (not sketched)

2 round layer cake pans — 8- or 9-inch and $1\frac{1}{2}$ inches deep.

2 wire cake racks

Pastry blender

Nest of mixing bowls

Pie pan — 8- or 9-inch.

Muffin pan

2 square cake pans — 8 x 8 x 2 inches.

Large breadboard — biscuit cutter

Pastry set (cloth and cover for rolling pin) — makes it easy to roll dough.

Heavy skillet — for frying.

Baking sheet — for cookies, etc.



How To Use Spry Recipes

The recipes in this book are based on *Spry Way* procedures carefully developed in the Spry Kitchen to give best results in baking and frying. In using them, remember these points:

Measure accurately — use standard measuring spoons and cups. *All measurements are level in Spry recipes.* In measuring *shortening*, pack it firmly into cup, then level off. Soft, creamy Spry is so easy to measure! In measuring *flour*, lift it lightly by spoonfuls into cup, then level off. In Spry recipes, flour measurements are based on *sifted flour*.

Use the ingredients specified — for best results, use the ingredients specified in Spry recipes. For example, use *cake flour* for making fine cakes; *all-purpose flour* for tender, flaky piecrust and for other baked products as specified in the recipes. In recipes specifying "baking powder," any type of baking powder can be used satisfactorily in the amount given. When a larger amount is required for a particular baking powder, it is so specified (see page 18).

Follow directions in recipes exactly — count mixing strokes as indicated, use pan sizes specified, be accurate about baking and frying temperatures.





Above is the modern SPRY KITCHEN whose wide windows frame the historic Charles River and Boston's skyline. Its gleaming white beauty is set off by vibrant color accents of aquamarine and maroon. Efficiently equipped with up-to-date household equipment and testing devices, this busy Kitchen is a proving-ground for Spry's all-purpose use in cookery. Here all Spry recipes are carefully developed by a staff of trained Home Economists. Every dish must meet the highest standards of quality; every recipe is tested and re-tested to insure its dependability. Typical of the practical and scientific procedures carried on in the Spry Kitchen are those pictured above.



Win praise with luscious pies

1

French Fruit Tarts

(recipe, page 10)

2

Chocolate Cream Pie

(recipe, page 11)

3

Eggnog Pie

(recipe, page 10)

NOW!

ANYONE CAN
BE A FIRST CLASS
Pie Maker



Step 1 for Tenderness. Cut $\frac{3}{4}$ of Spry into flour with pastry blender until as fine as meal (see Spry Piecrust recipe, page 6).



Step 2 for Flakiness. Cut in remaining third of Spry to size of large peas. Use a light cutting stroke and do not overmix.



4



Sprinkle the specified amount of cold water — 1 tablespoon at a time — over the Spry-flour mixture in different places.



Mix lightly with fork until parts together when pressed gently, dough that follows the fork around.



Now take up dough in hands and press lightly with the fingers until a smooth and blended ball of dough is formed.



Roll $\frac{1}{2}$ of the dough lightly into a inch thick and larger than pie easy rolling, use a pastry set (see



5

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Step 1 for Tenderness. Cut $\frac{3}{4}$ of Spry into flour with pastry blender until as fine as meal (see Spry Piecrust recipe, page 6).



Sprinkle the specified amount of cold water — 1 tablespoon at a time — over the Spry-flour mixture in different places.



Mix lightly with fork until particles together when pressed gently, form dough that follows the fork around



Now take up dough in hands and press lightly with the fingers until a smooth and blended ball of dough is formed.



Roll $\frac{1}{2}$ of the dough lightly into a circle $\frac{1}{8}$ inch thick and larger than pie pan. For easy rolling, use a pastry set (see page 6)



Step 2 for Flakiness. Cut in remaining third of Spry to size of large peas. Use a light cutting stroke and do not overmix.



Recipes and helpful pointers for two-crust pies

Spry Piecrust

MIX 2 cups sifted *all-purpose flour* and 1 teaspoon *salt*. Measure out $\frac{3}{4}$ cup *Spry*.

Step 1 for Tenderness — cut in about $\frac{3}{4}$ of the *Spry* with pastry blender or two knives until as fine as meal.

Step 2 for Flakiness — cut in remaining *Spry* to the size of large peas.

Sprinkle 4 tablespoons *cold water* over different parts of mixture. Mix thoroughly, with fork, until all particles cling together in a dough that follows the fork around the bowl and leaves the sides clean. Take the dough up in hands and press gently, with fingers, into a smooth, blended ball of dough.

For a 2-crust pie or a lattice-top pie, divide the dough in half and shape each portion into two flat rounds. Then use as directed in the various pie recipes.

This recipe makes enough pastry for a 9-inch 2-crust pie, a lattice-top or spiral-top pie, or 9 tart shells.



Keep fruit juices in the pie as follows: trim undercrust even with pan. Cut top crust $\frac{1}{2}$ inch beyond edge of pan, then fold it under the bottom crust.



Complete the seal-in of fruit juices by pressing the edges of the upper and lower crusts firmly together with the tines of a fork dipped in flour.

Favorite Apple Pie

| | |
|---|--|
| 1 recipe <i>Spry Piecrust</i> (above) | $\frac{3}{4}$ teaspoon <i>cinnamon</i> |
| 6 cups <i>pared, cored, thin apple slices</i> | $\frac{1}{4}$ teaspoon <i>salt</i> |
| 1 cup <i>sugar</i> | 1 teaspoon <i>lemon juice</i> |
| | 1 tablespoon <i>butter</i> |

DIVIDE dough in two parts and form into smooth, flat rounds. Roll one part $\frac{1}{8}$ inch thick and line a 9-inch pie pan. . . . Fill pie shell with sliced apples. . . . Mix sugar, cinnamon, salt, and lemon juice. Sprinkle over apples. Dot with butter. Trim undercrust even with edge of pan. Moisten edge of pie with water. . . . Roll remaining dough for top crust, cut a few slits for steam to escape, lay over apples. Trim pastry $\frac{1}{2}$ inch beyond edge of pan and fold under bottom crust; press together with fork. . . . Bake in hot oven (425°F.) 40-50 minutes.

Glazed Apple Crème Pie. Before putting on top crust, pour $\frac{3}{4}$ cup heavy cream, whipped until slightly thickened, over apple filling. Adjust top crust, brush with slightly beaten egg white, sprinkle with sugar, bake as directed. Especially luscious served warm.

Mellow-Sweet Apple Pie. Use $\frac{1}{2}$ cup each white and brown sugar; $\frac{1}{4}$ teaspoon each cinnamon and nutmeg.

Apple Crumble Pie. Make an unbaked *Spry Pie Shell* (page 8). Fill with 6 cups sliced apples. Cover with mixture of $\frac{3}{4}$ cup sugar, $\frac{1}{8}$ teaspoon salt, $\frac{1}{4}$ teaspoon each cinnamon and nutmeg. Sprinkle with a topping made as follows: Mix $\frac{1}{4}$ cup each brown sugar and flour. Cut in 1 tablespoon each, *Spry* and butter; add $\frac{1}{2}$ cup nuts. Bake in hot oven (425°F.) 50-60 minutes.

Holiday Mince Pie

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| 1 package <i>dry mincemeat</i> | 2 cups <i>pared, chopped apples</i> |
| $\frac{1}{4}$ cup <i>sugar</i> | $\frac{1}{4}$ teaspoon <i>salt</i> |
| $1\frac{1}{2}$ cups <i>apple juice or cider</i> | 1 recipe <i>Spry Piecrust</i> (page 6) |

COMBINE mincemeat, sugar, apple juice, apples, and salt in saucepan. Boil rapidly 3 minutes, stirring constantly. Cool. . . . Roll $\frac{1}{2}$ of dough $\frac{1}{8}$ inch thick and line a 9-inch pie pan. Roll remaining half of dough for top crust and cut with small Christmas tree cutter, making 5 trees. The tips of the trees should point to the rim of the pie. The trees should not be cut out of the dough — merely outlined — and these cut lines allow the steam to escape. . . . Fill pie shell with mincemeat mixture. . . . Fit top crust over mixture and seal edges. . . . Sprinkle red sugar over Christmas trees. . . . Bake in hot oven (425°F.) 40-50 minutes.

Cherry Trellis Pie

(Pictured on back cover)

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| 3 cups <i>canned sour red pitted cherries, drained</i> | $\frac{1}{4}$ teaspoon <i>almond extract</i> |
| $\frac{1}{2}$ cup <i>cherry juice</i> | 3 tablespoons <i>flour or quick-cooking tapioca</i> |
| 1 cup <i>sugar</i> | $\frac{1}{2}$ teaspoon <i>salt</i> |
| | 1 recipe <i>Spry Piecrust</i> (page 6) |
| | 1 tablespoon <i>butter</i> |

COMBINE cherries, juice, sugar, almond extract, flour, and salt. . . . Divide dough into two parts and form into smooth, flat rounds. Roll one part $\frac{1}{8}$ inch thick and line a 9-inch pie pan. . . . Fill pie shell with cherries. . . . Dot surface with butter. Trim pastry 1 inch



larger than pan and turn dough under to make a stand-up rim. . . . Roll remaining dough and cut in narrow strips $\frac{1}{2}$ inch wide. Attach ends of 7 strip pastry to edge of pie by moistening and pressing firmly. Twist each strip across fruit and attach at opposite edge of pie. Repeat with 7 more strips, crisscrossing to form attractive trellis top. Fit rim of pie. . . . Bake in hot oven (425°F.) 50-60 minutes.

For a colorful and delicious variation, substitute 1 cup maraschino cherries, quartered, for 1 cup sour cherries. Spread over top of cherry mixture before putting on trellis top.

Peach Trellis Pie. Use canned, sliced peaches instead of cherries. Reduce sugar to $\frac{1}{2}$ cup, add 2 tablespoons lemon juice.

Deep-Dish Apple Pie

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|---|---|
| 6 cups <i>pared, cored, thin apple slices</i> | 2 tablespoons <i>flour</i> |
| $\frac{3}{4}$ cup <i>granulated sugar</i> | $\frac{1}{4}$ teaspoon <i>nutmeg</i> |
| $\frac{1}{2}$ cup <i>brown sugar</i> | $\frac{1}{2}$ teaspoon <i>cinnamon</i> |
| $\frac{1}{2}$ teaspoon <i>salt</i> | 1 teaspoon <i>lemon juice</i> |
| | 1 tablespoon <i>butter</i> |
| | <i>Pastry</i> (see <i>Spry Piecrust</i> , page 6) |
| | <i>Shell</i> , page 8) |

MIX apples with sugars, salt, flour, nutmeg, cinnamon, and lemon juice. Place in 10 x 6-inch baking dish. . . . Dot with butter. . . . Roll dough into a rectangle a little larger than dish. Cut a few decorative openings for steam to escape. Lay over and turn under edge, flute rim. . . . Bake in hot oven (425°F.) 45-55 minutes. Serve with delicately spiced ice cream or light cream. Makes 6 servings.

Spry Digestibility

Spry is *all-vegetable* shortening, so pure and bland that it stays fresh on the pantry shelf — no refrigeration needed. *Spry* pastry is so digestible that even the children can eat your tender, flaky *Spry* pies!

Perfect Pie Shells are easy . . . follow these key steps

Spry "Can't-Fail" Pie Shell

MIX $1\frac{1}{4}$ cups sifted *all-purpose flour* and $\frac{1}{2}$ teaspoon *salt*. Measure out $\frac{1}{2}$ cup *Spry*.

Step 1 for Tenderness — cut in $\frac{2}{3}$ of the *Spry* with pastry blender or 2 knives until as fine as meal. Use a *light* cutting stroke.

Step 2 for Flakiness — cut in remaining *Spry* to size of large peas. Do not overmix.

Sprinkle $2\frac{1}{4}$ tablespoons *cold water* over different parts of mixture; mix thoroughly, with fork, until all particles cling together in a dough. Take up in hands and shape into smooth, flat round. Place on floured board; roll into circle $\frac{1}{8}$ inch thick and larger than pie pan. Then follow pictures (on left) and corresponding directions for making pie shell (below).

Bake pie shell in very hot oven (450°F.) 10-15 minutes. This recipe makes enough pastry for a 9-inch pie shell or 6 tart shells.

1. Fit pastry into pan, patting out air with ball of dough.
2. With scissors or sharp knife, trim off pastry 1 inch beyond edge of pie pan.
3. Turn back pastry even with edge of pan to make a stand-up rim all around.
4. Crimp pastry rim between thumb and forefinger to make an attractive "rope" edge.
5. Prick shell all over with fork (for baked shells only).

Lemon Meringue Pie

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| $\frac{1}{2}$ cup cold water | 3 egg yolks, slightly beaten |
| $\frac{1}{4}$ teaspoon salt | Grated rind of 1 lemon |
| 7 tablespoons cornstarch | $\frac{1}{2}$ cup lemon juice |
| $1\frac{1}{2}$ cups hot water | 1 tablespoon butter |
| $1\frac{1}{4}$ cups sugar | 1 baked Spry Pie Shell (above) |

Mix cold water, salt, and cornstarch . . . Combine hot water and sugar in top of double boiler and bring to boil over direct heat. Add cornstarch mixture and cook until thickened; place over hot water and cook until thick and smooth (15 minutes), stirring constantly. . . . Stir a little of mixture into egg yolks, return to double boiler, and cook a few minutes longer. . . . Add lemon rind and juice and butter. Cool. . . . Pour into baked pie shell. . . . Top with Meringue (page 11) and bake as directed.

This "slipping" method makes the perfect Custard Pie — crisp, flaky undercrust . . . soft, creamy filling



Bake pie shell and custard separately as specified in the recipe below



Slide the loosened, cooled custard carefully into cooled pie shell

Slipped Custard Pie

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| 3 eggs and 2 egg yolks, or 4 eggs | 2 cups milk |
| $\frac{1}{2}$ cup sugar | 1 teaspoon vanilla |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ teaspoon nutmeg |
| | 1 baked Spry Pie Shell (page 8) |

BEAT eggs slightly; add sugar and salt. . . . Add milk and vanilla. Strain into buttered 9-inch pie pan. . . . Sprinkle with nutmeg. . . . Set pan in larger pan of hot water and bake in moderate oven (350°F.) 35-40 minutes. Let custard cool at room temperature. (Do not refrigerate custard to hasten cooling.) . . . Loosen custard thoroughly from pan with knife. Shake gently to loosen custard from bottom. Slide it quickly, but carefully, into baked and cooled pie shell (picture above). Let settle for a few minutes before serving.

Coconut Custard Pie. Add $\frac{3}{4}$ cup shredded coconut to strained custard mixture before baking.

Coconut Cream Pie

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| 1 cup milk | 3 egg yolks, slightly beaten |
| 1 cup light cream | 1 teaspoon vanilla |
| 3 tablespoons flour | $\frac{1}{2}$ cup coconut |
| 1 tablespoon cornstarch | 1 baked Spry Pie Shell (page 8) |
| $\frac{1}{2}$ cup sugar | |
| $\frac{1}{4}$ teaspoon salt | |

SCALD milk and cream in top of double boiler. Combine flour, cornstarch, sugar, and salt and mix thor-

oughly. Add to scalded milk and cook minutes, stirring constantly. . . . Strain small amount of mixture into beaten yolks, return to double boiler, and cook few minutes longer. Cool and add vanilla and coconut. . . . Pour filling into baked pie shell. Spread Meringue (page 11) lightly on filling and bake as directed.

Banana Cream Pie. Place 2 bananas sliced thin, over the pie shell before filling is added.

Date Nut Cream Pie. Add $\frac{1}{2}$ cup date cut in pieces, to filling mixture after it has become thick and smooth, then cook 10 minutes longer, stirring occasionally. Omit coconut and add $\frac{1}{4}$ cup chopped walnuts or pecans.

Colonial Pumpkin Pie

| | |
|--|-----------------------------------|
| $1\frac{1}{2}$ cups canned or cooked pumpkin or squash | 1 teaspoon ginger |
| 1 cup brown sugar, firmly packed | 2 tablespoons molasses |
| $\frac{1}{2}$ teaspoon salt | 3 eggs, slightly beaten |
| 2 teaspoons cinnamon | 1 cup evaporated milk or top milk |
| | 1 unbaked Spry Pie Shell (page 8) |

COMBINE pumpkin, sugar, salt, and spices, and molasses. . . . Add eggs and milk and mix thoroughly. . . . Pour mixture into unbaked pie shell. . . . Bake in hot oven (425°F.) 40-45 minutes until knife inserted comes out clean. Serve slightly warm or cold with wedge of sharp cheese.