



THE APPLE



"The Fruit of Endless Uses"

Compiled
By

National Apple Week Association For Food Editors

HOW TO USE APPLES

WEALTHY

Size: Medium. Description: Bright red when mature. Splashes of red and narrow red stripes over yellow. Whitish flesh with pink tinge. Very juicy and crisp. Season: August through December.

McINTOSH

Size: Medium to large. Description: Bright deep red, almost purple. Thin skin. White flesh, often red-veined. Crisp, very juicy. Mild, sweetly acid flavor. Season: September to March.

GRIMES GOLDEN

Size: Small to medium. Description: Deep clear yellow with pale-yellow or russet dots. Yellow flesh. Firm, crisp and moderately juicy. Season: October to January.

SPITZENBERG

Size: Medium to large. Description: Strawberry red with yellow tinge. White flesh tinged with yellow. Firm and crisp. Season: October to February.

JONATHAN

Size: Small to medium. Description: Lively deep red, with an occasional spot of yellow showing through. Whitish flesh. Firm, crisp and highly flavored. Very aromatic. Season: September through January.

RHODE ISLAND GREENING

Size: Medium to large. Description: Bright green or yellowish, waxy skin. Sometimes overcast with brown or red blush. Yellow tinged flesh. Juicy, fairly crisp. Season: October to March.

NORTHERN SPY

Size: Large to very large. Description: Pale yellow skin almost concealed by bright red stripes. Pinkish flesh. Crisp and very tender. Season: October through April.

DELICIOUS

Size: Medium to large. Description: Rich, red stripes over red-yellow skin. Five small bumps at base end. Fine-grained yellow-white flesh. Wine-like flavor. Season: October through February.

ROME BEAUTY

Size: Large and round. Description: Yellow or green, mottled with red, carmine striped. Nearly white flesh. Mildly acid. Rather crisp, moderately fine grained. Season: November to March.

WINESAP

Size: Small to medium. Description: Bright deep red to purplish. Smooth, glossy skin with scattered white dots. Flesh tinged with yellow. Very firm, very juicy. Moderately crisp. Season: November to June.

BALDWIN

Size: Medium to large. Description: Bright red, mottled with yellow-green, covered with white dots. Firm skin. Yellowish flesh. Crisp and firm. Bland, delicate flavor, made stronger by cooking. Season: November through March.

YELLOW NEWTOWN

Size: Medium. Description: Yellow with green shadings. Light flesh. Crisp and mildly acid. Season: January through June.

The Apple Hour

To make sure that all the family get their daily quota of fresh apples, many mothers have made a homey ceremony out of the gathering round the apple bowl at night. The "Apple Hour," they call it. Usually, this is the bedtime snack hour—a red apple to stave off nighttime hunger, with a story to delight inquisitive young minds. But the "Apple Hour" is welcome at any time, day or night.

APPLE BUTTER FILLED COOKIES



Order Mat No. 1

5 cups all-purpose flour, 2½ tsp. baking powder, 1 tsp. nutmeg, and 1 tsp. salt; sift and measure flour; resift with baking powder, salt and nutmeg.

Cream until light: 1 cup shortening and 1½ cup sugar

Add to sugar-fat mixture: 3 eggs, well beaten; ½ cup milk; 1 tsp. lemon extract.

Add flour gradually and mix thoroughly

Roll dough fairly thin, and cut rounds with biscuit cutter. Place teaspoon of apple butter in center of one round and top with another round on which a "pumpkin" face has been cut. Press together around edges with tines of fork. "Rouge" cheeks with red sugar cake decoration. Bake at 425° F. 10 to 15 minutes.

Eating Apples

For best results, should be: Tender, juicy, sweet, aromatic and thin-skinned. Well colored, mature. Crisp, fine-grained flesh. Delicious (Red or Golden) McIntosh, Grimes Golden, Yellow Newtown, Jonathan, Spitzenberg.

Baking Apples

For best results, should be: Large and firm, so that they will hold their shape. Not too sweet. Fine, evenly grained flesh. Jonathan, Rome Beauty, Wealthy (unripe), Rhode Island Greening (unripe), Winesap, Baldwin, Spitzenberg (unripe).

Pie & Sauce Apples

For best results, should be: Quick-cooking. Firm and tart. Slightly acid and juicy. Smooth in texture, light in color. Jonathan, Wealthy, McIntosh (unripe), Rhode Island Greening, Grimes Golden (unripe), Winesap (unripe), Cortland, Northern Spy.

All Purpose

McIntosh, Northern Spy, Jonathan, Baldwin, Wealthy, Delicious.

Apples Good Eatin' Any Time Of Day

Apples are good to eat any time of day—not merely for what they give to your diet, but what they cause you to omit. Here is how you may get the greatest good from them:

Eat apples between meals as a substitute for chocolate bars. Not only the overweights but also youngsters troubled with acne will do well to follow this precept.

Eat apples before retiring, if you are one of those whose sleep is best wooed with "a little something" in your stomach.

Eat apples before meals as an aid to elimination. So far as is known, there is no reason why apples should not be used for this purpose. In fact, physicians often prescribe apples as a natural laxative for small children.

Eat apples for dessert; their low calorie content and high water content help balance heavy meals.

Eat a well-flavored baked apple with cream for lunch. It has a "filling" quality—and incidentally provides an excellent way of getting youngsters who don't like milk or cream to drink their needed quart a day.

Eat applesauce as an accompaniment to heavy meat dishes; it helps to digest them.

APPLE CUSTARD

4 eggs, 2 cups grated apple, ½ cup sugar, and 3 Tbs. powdered sugar.

Beat yolks and add sugar. Cook for one or two minutes and remove from the fire. Gradually add apples. Pour into a serving dish and serve with a meringue.

The dried and sugary residue in the bottom of the jam makes delicious "stuffing" for the center of baked apples—especially orange marmalade!

APPLE FLUFF PUDDING



Order Mat No. 2

For the Family Dinner's fitting climax, serve apple fluff pudding: as good as it sounds.

1 cup sugar, 1 cup bread crumbs, 3 eggs, 2 teaspoons baking powder, 1 cup dates (cut fine), ½ cup nuts (cut fine), 2 tablespoons butter (melted), 1 teaspoon vanilla, 1 cup milk, and 1 cup apples (cut fine).

Separate the eggs. Beat the yolks until lemon-colored; add the sugar, and beat until light. To the milk, add the vanilla and

melted butter. Add this, alternately with the bread crumbs, to the eggs and sugar mixture. Sprinkle the baking powder over the apples, nuts and dates and add to the batter. Lastly fold in the beaten egg whites. Pour in a shallow greased baking dish and bake 45 minutes at 350° F.

Serve with warm whipped cream.

Recipe tested by Home Economist Dorothy W. Lewis

APPLE CHARLOTTE

6 cups sliced juicy apples, 1 loaf of bread (crusts removed), ¼ cup lemon juice, 1¼ cups brown sugar, and butter or margarine.

Butter a baking dish. Cover the bottom and sides with pieces of bread which have been buttered. Put in a layer of sliced

apples. Sprinkle with brown sugar and butter (or margarine). Cover with buttered bread. Repeat with apples, sugar, lemon juice and butter or margarine, and make the top layer bread. Cover for the first half hour of baking. Bake at 325° F. For 1 hour, or until apples are done. Serve with whipped or cream.

APPLES A LA MANHATTAN



Order Mat No. 3

A novel, delectable dessert that is easily assembled. Apples a la Manhattan will surprise the family pleasantly.

Pare and core eight medium-sized apples. Make ready round pieces of sponge cake; one for each apple; sprinkle with sugar, and set them in the oven until the sugar melts. Make a syrup of a cup of sugar and a cup of

water. Cook the apples very slowly in the syrup. When tender, drain and put an apple on each round of cake. Cook the syrup until quite thick and pour over the apples. Garnish with whipped cream and cherries.

Recipe tested by Home Economist Dorothy W. Lewis.

Since time is short, air-mail or wire collect for mats or glossy prints. Be sure to order by number. Address Marilyn Olsen, Contest Director, National Apple Week, Inc., Box 18, Wenatchee, Wash.

Medical Information About Apples

MEDICAL INFORMATION

"Dr. Josiah Olfield, Senior Medical Officer of a great London hospital and one of England's foremost food experts, says:

'English stamina, courage and heart for the war depend on complete nerve nutrition. Apples, lemons and oranges are immeasurably the most important fruits which are nerve foods and without the presence of whose salts physiological functions fail. It will be a grave risk to England if her supply of apples is cut off because they are superior to either lemons or oranges and cannot be replaced by any other fruit.'

"On the same subject, Sir William Arbuthnot Land, distinguished physician of London who specialized in dietetics, says:

'Most infants, even in these tender months (6 to 9 months) will delight in grasping, and attempting to chew half an apple, and the exercise necessitated will stimulate the development of the jaws and help the eruption of the teeth. Apart from these mechanical advantages, it has recently been demonstrated that fruit pulp inhibits the growth of disease-producing germs in the intestine, and that its administration both prevents and cures diarrhea in children. Now diarrhea, especially in summer time, is often very prevalent among our city children, and it is therefore to be hoped that a more general appreciation of the specific values of raw fruit pulp—particularly apple pulp—will greatly diminish the incidence of this disease.'

—Mountain Grower

During the past few years, the fruit pectins have come in for considerable scientific investigation. There can be no doubt but that the pectins play an important and previously unsuspected role in nutrition, provided, of course, that under nutrition we include those intestinal disorders which can be prevented or cured by dietary control. In which respect, the apple is a more dependable source of the desired pectins than either the orange or the tomato. Consequently, any publicity on the

nutritive properties of apples should include the pectin factor. —5th Edition (1937) of "Chemistry of Food and Nutrition" by Henry C. Sherman, PhD., ScD., Columbia University.

"The apple has minerals the body needs—you need not worry about potash or calcium or magnesium or phosphorus as long as you have apples. . . . Recent feeding experiments indicate that its protein, though small in amount, is particularly fine in quality. The apple possesses antiseptic germicidal and alkaline qualities, and the proportions of its composition are said by one enthusiastic nutritionist to be more clearly adapted to the human constitution than any other single fruit."—Dr. Logan Clendening

"Apples are considered among the best of our protective foods despite the fact that per ounce their vitamin content is not high. The amount of vitamins in the different kinds of apples varies considerably. . . . The vitamin C content seems to be concentrated in the skin and in the flesh near the skin. . . .

"Apples are considered helpful in protecting against scurvy and in preventing respiratory infections even though the most vitamin-rich variety yields less than many other fruits and vegetables. The explanation for this protective ability may lie in the fact that apples are eaten 'out of hand', or whole and raw, so what vitamin content there is is not lost in cooking or peeling. . . .

"... in 1908 a German physician, August Heisler, who had used all the resources of his science in vain in treating an acute case of diarrhoea, thought himself of his science of the old wives 'remedy' an apple eaten from the top down will cure diarrhoea; an apple eaten from the bottom up will cure constipation.' Dr. Heisler gave his patient raw apples and almost immediately—within twenty-four hours—the patient showed signs of recovering. Before a week passed away he was dismissed from the doctor's charge. . . ."—*Journal of Living*, Oct. '40 by Rosaline Spector

"Undoubtedly the eating of a hard apple after meals when it is not possible to brush the teeth would aid mouth hygiene." —Dr. Nina Simmonds, College of Dentistry, University of California

"An apple a day, plus keeping the doctor away, is an excellent source of exercise for relaxing the jaw muscles and retarding premature lines about the mouth."—*The Washington Post*

Dr. A. M. Liebshtein ("Therapeutic Effects of Various Food Articles," *American Medicine*, 1927, vol. 33, p. 33) concludes that the apple is an excellent alkaline fruit and therapeutically effective in all conditions of acidosis, gout, rheumatism, jaundice, all liver and gall-bladder troubles and nervous and skin diseases caused by sluggish liver, hyperacidity and states of auto-intoxication. He also concludes that the most suitable time for eating an apple is about two hours after a meal.

Dr. Liebshtein further concludes that the eating of an apple before retiring proves particularly beneficial; that by its mild, antiseptic and cleansing effect upon the teeth it removes any acid and unpleasant taste from the mouth and neutralizes all excess of acids in the system accumulated during the day, and is thus conducive to sound and refreshing sleep and a general state of good health after rising the following morning.

"Apples constitutes a worldwide item of the diet. . . . The apple contains vitamins which are necessary to promote growth and to maintain good health. . . . This fruit is worthy of a more prominent place in the dietary. Usually it is regarded as a luxury to be indulged in when convenient or when it can be afforded. As a matter of fact, the apple should be considered an essential part of the menu.

"The apple supplies in a more palatable, though less concentrated form, much the same food essentials that are found in roots. There are particularly the alkaline salts. We need a considerable amount of these to neutralize the acid wastes of our bodies."—Dr. Royal S. Copeland, former U. S. Senator from New York

"... in choosing foods, preference should be given to those which do not adhere to the teeth. Some foods, such as fruits and vegetables, leave the mouth feeling clean; others, such as cookies or chocolates, stick to the teeth for a long time after they have been eaten. It is not necessary to list the sticky and the non-adhesive foods, because anyone can tell which is which by observation on his own mouth. It is worth mentioning, however, that raw vegetables and fruits, particularly apples, not only do not stick to the teeth, but chewing them actually helps remove the sticky foods from about the teeth. Indeed, eating an apple or some raw vegetable after a meal or after partaking of candy and other foods containing fermentable carbohydrates is a good way to clean the teeth. Such measures of oral hygiene can frequently be carried out, particularly in children, when toothbrushing is not possible."—"Dental Caries, Causes, Prevention and Correction," Basil G. Bibby, *The Journal of American Dental Association*, February, 1943.

Vitamin and Other Nutritional Values in Apple Varieties by M. P. Bregger and J. T. Bregger, *Am. Pom. Soc. Ann. Report*, 1936 This report states that the long popularity of apples is justified by their various nutri-

APPLE CRISP



Order Mat No. 5

3 cups chopped apple (unpeeled, ½ cup dark corn syrup, ¼ cup hot water, ½ cup brown sugar, 1 cup rolled oats, ¼ cup butter or margarine, ¼ cup flour, scant teaspoon salt and 1 package salted pecans.

Place chopped apple in a buttered baking dish and add corn syrup and hot water com-

bined. Mix butter, brown sugar, flour, salt and rolled oats until they are a crumbly consistency. Sprinkle over top of apples. Bake at 350° F. 1 hour. The pecans are optional, but if used should be sprinkled on top of dry mixtures. Apples need not be chopped very fine. They may be sliced instead.

itive values. Old Standards of comparison or assay of nutritive values, such as variations in flavor and texture, should be replaced by more precise methods based on essential components and their availability. The ability of a proper choice of foods to preserve health is stressed.

The report also states that apple is a significant source of easily available energy. While the apple will not compare favorably to cereals as a source of energy, its values as a food diluent makes it just as important in the diet. It is pointed out that the apple is particularly efficient in reducing an acidity resulting, for example, from an unbalanced diet. The apple is also of benefit in the treatment of diarrhea. It is also a good source of vitamins A and C.

"The apple probably has more

different uses than any fruit in existence." Baking causes little destruction of vitamin C. Freshly extracted juice has its full vitamin C potency. Commercially canned apples retain a large part of the vitamin C.

After School

When hungry youngsters come trooping in, eyes on the icebox, that's always a good time for a cool glass of milk and a big juicy apple. It gives youngsters playtime energy without spoiling their dinner. (And a tip for the working mothers: keeping such tempting snacks in the refrigerator is one good way to make sure the youngsters do come straight home from school.)

Crackers sprinkled with grated cheese and toasted go especially well with apple salads.

APPLE SALADS



Order Mat No. 4

All fruits and many vegetables combine delightfully with apples into fresh crisp salads of perfect appetite appeal. The uncooked fruits and vegetables used in salads furnish vitamins and minerals essential to good health, and which are unobtainable in any cooked foods. The following are suggested salad combinations:

Chopped apple shredded carrot and celery; chopped apple, pineapple, bananas, shredded nuts; chopped apple, marshmallow bits, dried raisins, figs or dates;

chopped apple, cottage cheese, chopped almonds or pecans; sliced apple, avocado, oranges and maraschino cherries; chopped apple, shredded cabbage, raisins, lemon juices; chopped apple, flaked salmon or tuna fish, celery, walnuts; chopped apple, raw turnip, chopped parsley

Apple salads may be blended with mayonnaise, salad dressing or French Dressing. Mayonnaise or salad dressings may be thinned with cream or canned fruit juices.

ALBEMARLE PUDDING



Order Mat No. 6

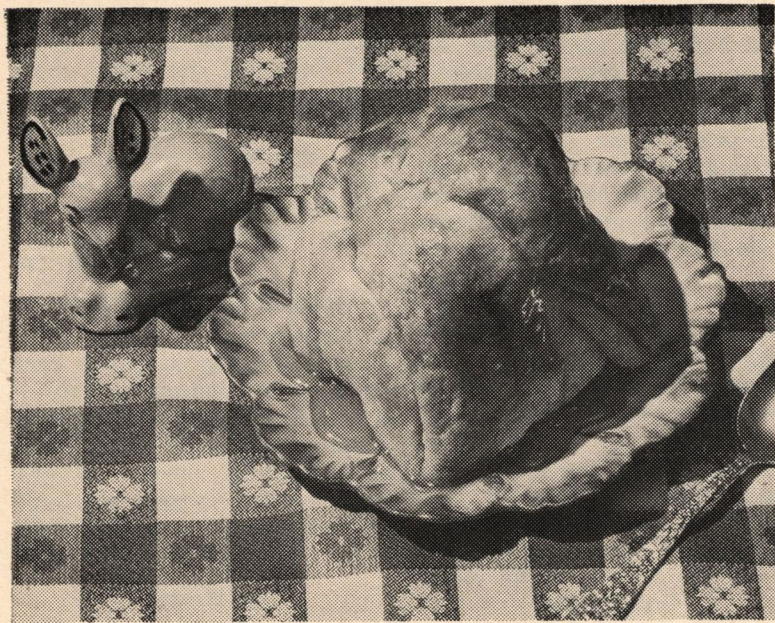
3 pounds tart apples, ½ cup sugar, ½ cup butter and 1 package of zwieback.

Roll zwieback until there are no lumps. Peel apples and cut into quarters, adding ½ cup water. Cook until soft. Add sugar and cool. Melt the butter and mix with the crumbs. Butter

a baking dish and put in a layer of crumbs, then a layer of apples, then more crumbs and more apples until all are used. Keep a layer of crumbs on top. Bake 375° F. for 30 minutes. Cool and serve with cream.

Recipe tested by Home Economist Dorothy W. Lewis.

SALISBURY APPLE DUMPLING



Order Mat No. 7

6 apples, pie dough

Sauce: $\frac{1}{2}$ cup maple syrup, $\frac{1}{2}$ cup granulated sugar, $\frac{1}{8}$ teaspoon salt, 2 tablespoons cornstarch, $1\frac{1}{2}$ cups boiling water, and 2 tablespoons butter.

Roll pie dough to about $\frac{1}{4}$ inch thick. Cut in 6 in. squares. Pare and core apples. Place one apple on each square. Fold corners to center and pinch edges together securely. Bake 400° F. for 15 minutes; then reduce temperature to 350° F. and con-

tinue baking for 30 minutes more or until apple is tender.

While dumplings are baking, make the sauce. Cook until the cornstarch is thoroughly cooked and the sauce is clear. When dumplings are almost done, pour half of the sauce over them and baste several times to glaze the dumplings. Just before serving, pour the remaining sauce over them and serve hot.

Cream may be used if desired. Recipe tested by Home Economist Dorothy W. Lewis.

Eat Apples To Cut Your Dental Bill

By Dr. Floris van Minden (Reprinted from Chicago Sun)

The old saying, "An Apple a day keeps the doctor away," may well be changed to "An apple a day keeps the dentist away."

In fact, nearly all raw fruits are beneficial, but the apple tops them all. In addition to its excellent food value and natural good taste, a raw apple has many qualities which make it especially good for the teeth.

In the first place, an apple is hard and, if eaten with the skin, requires good, strong biting followed by brisk chewing with a reasonable force on all the teeth. This force is badly needed by all of us because most of our food is cooked and prepared so much that it requires little or no chewing. Thus, by eating apples, the teeth, gums and jaws get much needed exercise. The pressure of hard chewing will stimulate the blood circulation

in and around the teeth and thereby help feed the gums and jawbone. This does much to keep the gums from becoming soft and flabby and helps prevent pyorrhea.

Apples also perform another function that is fine for the teeth. Their hardness has the effect of cleaning the teeth and removing the particles of soft and sticky food previously eaten that would otherwise continue to

This is therefore a powerful factor in preventing decay!

And there's yet another excellent point in eating this fruit. Apples have a certain tartness due to the mild fruit acid they contain. This acid in the mouth has the effect of stimulating the saliva glands to produce an alkaline saliva to counteract the slight irritation, if any, caused by the fruit acid.

Nature is good—in fact, very good—to us, if given only half a chance. She usually produces an abundance of what we need. This alkaline saliva flow continues for a long time (up to several hours) after the apple is eaten.

The alkaline saliva is a most effective protection against decay (which requires an acid condition itself), and this is especially valuable during sleep when the resistance is the lowest.

It is unusual to find a food that has so many healthful points in its favor plus wholesome, plus a delightful taste, and requiring no preparation.

* * * *

To get the most benefit for your teeth from eating apples, do this:

Eat a hard apple, always raw and with the skin.

Bite into the apple with the front teeth and chew with all the back teeth—both sides, remember. Chew each morsel thoroughly and don't gulp down large pieces.

After each meal, eat an apple, or part of one, to help clean your teeth.

Eat an apple just before going to bed. Do not brush the teeth after eating the apple as you would wash away some of the helpful effect.

Encourage your children and other members of your family to follow these simple suggestions, unless apples don't agree with them. Of course, eating apples may not prevent all dental ills, but in general, the harder they are, the better they are for the teeth. Yes, indeed, an apple a day, or other raw fruit, can really keep you away from the dental chair.

APPLE SPICE BARS

$\frac{1}{2}$ cup shortening, 1 cup sugar, 1 egg, 1 tsp. vanilla, 2 cups flour, 2 tsp. baking powder, 1 tsp. salt, 1 tsp. cinnamon, 1 tsp. nutmeg, 2 Tbs. cocoa, $\frac{1}{2}$ tsp. soda dissolved in $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups diced raw apple.

Cream shortening and sugar until fluffy. Add egg and vanilla and beat well. Sift flour, measure and sift again three times with dry ingredients. Add to creamed mixture alternately with milk. Add diced apple. Pour $\frac{1}{2}$ inch thick in greased and floured shallow baking pans. Use 3 square 8-inch cake pans if large 10x12-inch pan is not available. Bake in a moderate oven, 350° F., for 25 minutes. When cool, cut into 3x1 inch bars and roll in powdered sugar. 2 $\frac{1}{2}$ dozen bars.

APPLE MACARON

5 large apples, sliced, $\frac{1}{2}$ cup honey, 1 Tbs. lemon juice, 1 tsp. grated lemon rind, 2 cups corn flakes, $\frac{3}{4}$ cup vanilla or butterscotch pudding mix, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ tsp. cinnamon.

Place sliced apples in a baking dish and sprinkle with honey and lemon juice. Mix together corn flakes, grated lemon rind, cinnamon, pudding mix (dry) and butter. Mix until crumbly. Spread over sliced apples. Bake in a moderate oven (375° F.) about 45 minutes, or until apples are tender.

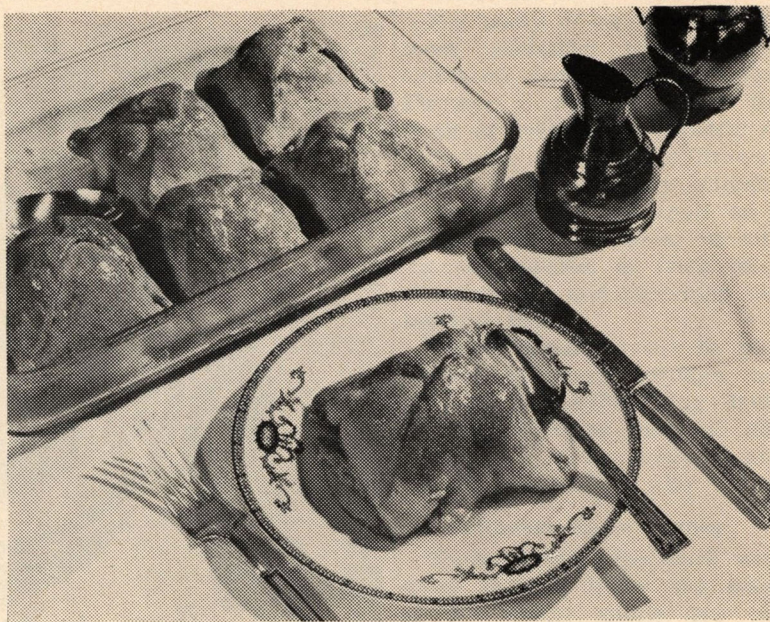
Substitutions: $\frac{1}{2}$ cup of corn syrup and two tablespoons of sugar may be substituted for honey. Orange juice and orange rind may be substituted for lemon juice and rind.

SCALLOPED APPLES AND CABBAGE

1 quart tart sliced apples, 2 quarts shredded cabbage, 2 teaspoons salt, 1 teaspoon sugar, 2 tablespoons shortening, 1 cup of buttered bread crumbs.

In a buttered baking dish place alternate layers of the apples and cabbage, seasoning each with salt and shortening and sprinkling the

APPLE DUMPLINGS



Order Mat No. 9

Pastry for 6 dumplings: sift together (2 $\frac{1}{4}$ cups sifted flour and $\frac{3}{4}$ tsp. salt)

Cut in with pastry blend $\frac{3}{4}$ cup shortening. Blend with 5 tablespoons water, mixing lightly. Roll into ball; then roll out $\frac{1}{8}$ " thick on lightly floured board, and cut into six 7-inch squares.

Pare and core 6 medium sized apples, and place an apple

in the center of each square. Bring opposite points up over the apple, overlapping them. Seal well. Place about 2" apart in a baking pan. Pour over syrup (hot) made as follows:

1 cup sugar, 4 tablespoons butter, $\frac{1}{4}$ tsp. cinnamon and 2 cups water; boiled together for 3 minutes. Bake immediately 40 to 45 minutes in hot oven (425° F.)

sugar on the apples. Over the last layer spread the buttered crumbs. Cover and bake in a moderate oven (350° F.) for 45 minutes, or until tender. Remove cover last ten minutes to permit crumbs to brown.

APPLE TORTE

2 cups graham cracker crumbs, $\frac{1}{2}$ tsp. cinnamon, 2 Tbs. melted butter, 3 eggs, separated, 1 tall can sweetened cond. milk, 2 Tbs. lemon juice and grated rind, 2 cups fresh apple sauce, $\frac{1}{2}$ tsp. salt.

Add butter and cinnamon to graham cracker crumbs and spread evenly in a 10-inch pan.

Beat egg yolks and add condensed milk, lemon juice, rind and apple sauce. Fold in beaten whites and pour into pan. A few more cracker crumbs may be sprinkled over the top. Bake 45 minutes in moderate oven (350° F.).

TAFFY APPLES

2 cups granulated sugar, $\frac{3}{4}$ cup water, $\frac{1}{4}$ tsp. cream of tartar; boil together until syrup forms a hard ball in cold water. Remove from fire. Stick wooden skewers in small Jonathan apples and whirl in syrup until apple is completely coated. Remove quickly and stand on buttered platter

HONEY APPLESAUCE CAKE

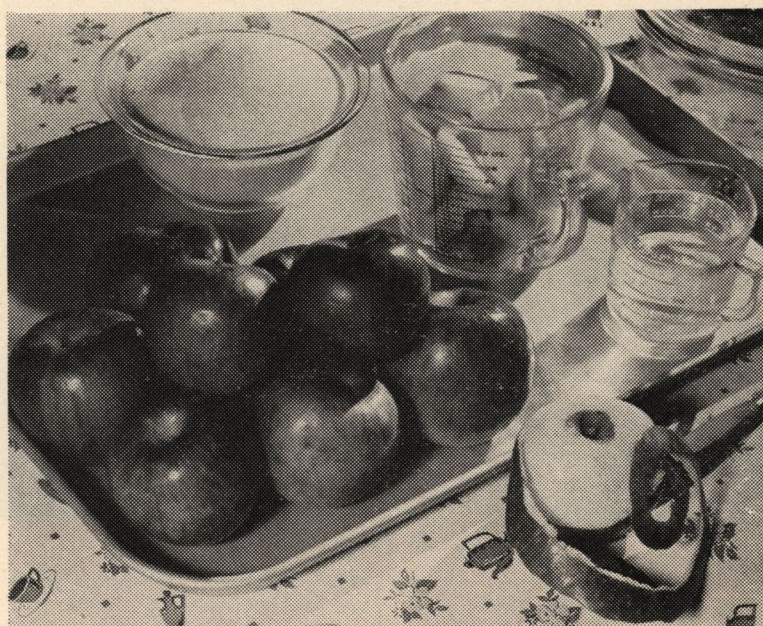
2 $\frac{1}{4}$ cups sifted flour, 1 tsp. baking soda, $\frac{1}{2}$ tsp. salt, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. cloves, 1 cup raisins, 1 cup broken nut meats, $\frac{1}{2}$ cup shortening, 1 cup honey, 1 egg well beaten, 1 cup thick unsweetened apple sauce.

Sift two cups of the flour with salt, soda and spices; mix remaining $\frac{1}{4}$ cup flour with raisins and nut meats, and add to dry ingredients. Cream shortening with honey until fluffy; add egg and beat thoroughly.

Add portions of dry ingredients and apple sauce to creamed mixture alternately, mixing and beating thoroughly after each addition. Bake in greased loaf pan (large) 50 to 60 minutes in slow oven (300° F.).

Suggestion: Why not substitute candied fruits for all or part of the raisins in the above recipe—and, for real swank, soak the candied fruits in sweet wine for an hour before using. Drain well and roll in flour, the same as the instructions for the raisins.

APPLE DESSERT



Order Mat No. 10

Rose-red apple slices embedded in red jelly sounds delightful—and is in this apple dessert.

3 quarts thinly sliced apples, 5 cups sugar, and 1 cup water.

Fill a baking dish with alternate layers of sliced apples and sugar. Pour on the water. Cover

with a plate and weight it down on the apples and sugar. Bake 250° F. for 3 hours. Let stand until cold; turn out and serve with whipped cream flavored with apple-jack.

Recipe tested by Home Economist Dorothy W. Lewis.

SNOW APPLE



Order Mat No. 8

2 cups thick apple sauce, $\frac{1}{2}$ cup of honey or sugar, 1 lemon, 2 tablespoons gelatine, $\frac{1}{8}$ cup cold water, and 2 eggs.

Pare, quarter and core tart apples. Add a small amount of water and let cook over a thick heat until tender. Press through a sieve. To two cups of thick sauce add the sweetening (honey or sugar) and the juice and grated rind of the lemon. Heat

to the boiling point. Soften the gelatine in $\frac{1}{8}$ cup of cold water; add to the above and stir until gelatine is melted. Chill. When mixture begins to stiffen, add the stiffly beaten whites of two eggs. Turn into a mold. When firm, serve with a boiled custard made from the two egg yolks.

Recipe tested by Home Economist Dorothy W. Lewis.

Tips On Buying and Keeping Apples

Best Apples for Eating

For tops in eating pleasures, many folks say you can't beat a Delicious. Others are equally strong for Jonathans . . . Winesaps . . . Golden Delicious . . . McIntosh . . . Yellow Newtowns. We can truthfully say that you will get real enjoyment out of anyone of them.

Best Buying for Cooking

If it's baking you're planning, then there's no question about it—Rome Beauties! Stayman Winesaps bake well, too—are at home in pie, dumplings or sauce. The tart flavor of the Yellow Newtown pippin pleases those who like their apple pie and sauce with a tang.

Quantities

The "take home" quantity of apples should not exceed the

amount that can be kept cool. For the average family, 4 to 6 pounds is probably about right.

Keep Them Crisp and Cool

Government tests prove that apples held at home-refrigerator temperature will keep almost indefinitely. Cold protects the flavor and all the things that make apples good for us.

Chilled apples are always crisper, juicier. So to get the fullest enjoyment from apple eating, and the best in health values, always serve from the refrigerator.

By the way, this "Keep 'em cool" message is one we'd appreciate your passing along to housewives to help them enjoy apples all the more.

Remember—

Apples Belong in the Refrigerator

HONEY APPLE SAUCE CAKE



Order Mat No. 11

For sheer taste appeal, try this honey variant of apple sauce cake. This cake is not as sweet as when made with sugar, and will not keep as long. But it is delicious.

¾ cup honey, ½ cup shortening, 1 egg, 1 cup thick apple sauce, 2 cups flour (all purpose), 1 teaspoon soda, ¼ teaspoon cloves, ½ teaspoon nutmeg, ½ teaspoon cinnamon, ½ teaspoon

salt, 1 cup seedless raisins, and ½ cup nuts.

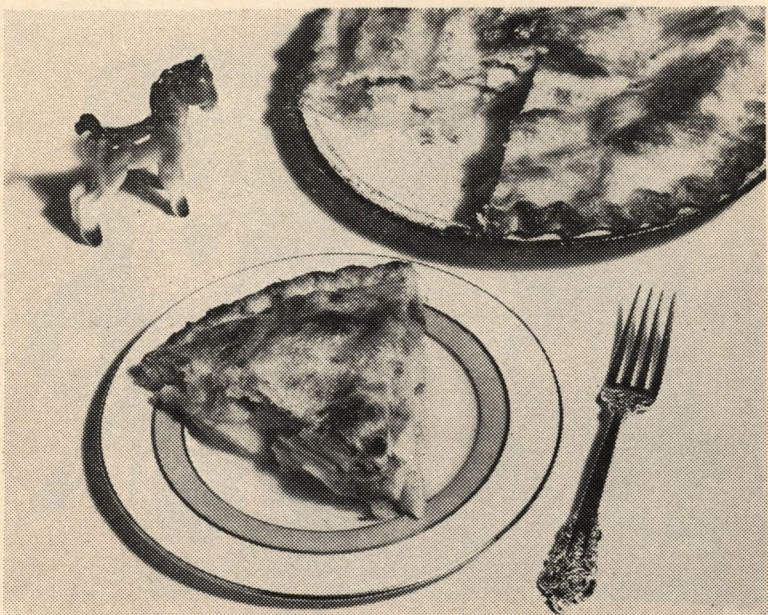
Cream shortening. Add honey and beaten egg. Sift flour in with other dry ingredients. Then add this mixture and the apple sauce, alternately. Lastly stir in the nuts and raisins. Bake 1 hour at 350° F.

Recipe tested by Home Economist Dorothy W. Lewis.

When serving pork, always try to serve apples in some form—apple salad, apple sauce, apple rings, etc. Apples are the perfect complement to pork, both as to taste and digestion.

Small pastry shells, baked on inverted muffin tins and filled with well seasoned applesauce make a tempting and nutritious dessert. Sprinkle with nutmeg or chopped nuts if desired.

APPLE PIE



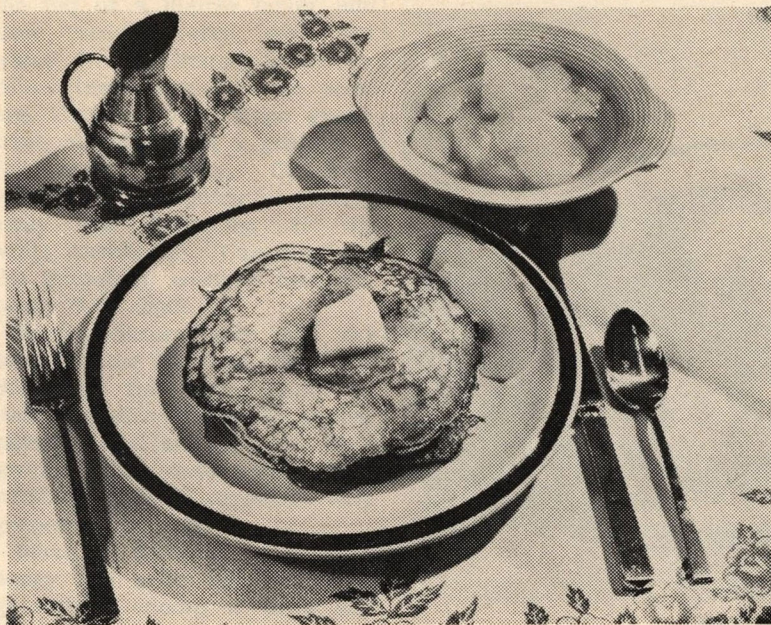
Order Mat No. 12

Pastry for one 9" (double crust pie), 5 medium apples, ¼ cup corn syrup or honey, ½ cup sugar, 2 Tablespoons of flour, 1 tablespoon of butter, and ½ teaspoon cinnamon.

Line a 9" pie tin with rich pie crust; wash quarter and core apples, but do not peel; cut in medium thin slices, crosswise.

Mix all dry ingredients in a bowl and add to apples, turning until each slice is covered with dry mixtures. Fill pie shell, pour corn syrup or honey over the top, dot with butter, cover with top crust, sealing well on edges. Bake 10 minutes in hot oven (425° F.); reduce heat to 325° and bake until done, approximately 45 minutes.

SPECIAL APPLE PANCAKES



Order Mat No. 13

Sift together: 2 cups flour, 3 tsp. baking powder and ½ tsp. salt.

Add: 1½ cups milk, 1 egg (well beaten), 3 lbs. melted shortening, and 1 cup grated apple.

Mix above ingredients well and bake quickly on hot griddle.

The cup of grated apple may be added to any standard 2-cup quantity of ready prepared pancake mix; and may also be added to waffle or muffin recipes. The grated apple gives an especially delightful flavor to bran muffins.

Since time is short, air-mail or wire collect for mats or glossy prints. Be sure to order by number. Address Marilyn Olsen, Contest Director, National Apple Week, Inc., Box 18, Wenatchee, Wash.

APPLE CIDER SALAD

2 cups clear cider, 2 Tbs. gelatin, 1 cup chopped apple (unpeeled), ½ cup finely chopped celery, ¼ tsp. salt, 1 Tbs. finely chopped parsley or green pepper, ¼ cup chopped nuts.

Soak gelatin in ½ cup of the cold cider. Heat the remainder of the cider to the boiling point, pour into the gelatin, stir until dissolved, strain and chill. When the gelatin mixture begins to set, stir in the other ingredients, and pour into individual molds, which have been rinsed in cold water. Serve on lettuce or cress with French or mayonnaise dressing.

Crackers sprinkled with grated cheese and toasted go especially well with apple salads.

seconds. Roll dough into a rectangle about ⅓ inch thick. Fit dough over cooked apple mixture. Prick top all over with fork. Bake in hot oven (425° F.) 20-25 minutes. Serve warm with cream. Serves 8.

Apples burn easily, so use a slow oven for baking.

APPLE FRITTERS

Pare and core 4 tart apples. Cut in rings ¼" thick. Sprinkle with lemon juice and powdered sugar, and let stand while preparing batter.

Fritter Batter: 1 cup flour, 1 tsp. salt, 1 Tbs. sugar, 1 tsp. melted butter, 1 tsp. baking powder 2 eggs (well beaten), and ½ cup milk.

Mix all batter ingredients together; dip apple circles into the batter and fry in deep fat.

UPSIDE DOWN APPLE PUDDING



Order Mat No. 14

6 tart apples, 1¼ cups bran, 1 cup flour, 3 teaspoons baking powder, 1 teaspoon salt, ½ cup water, 1 teaspoon vanilla, 2 eggs, and 1 cup sugar.

Into a mixing bowl put the bran, flour, baking powder and salt. Then beat together well the egg yolks and sugar. Then add the water and vanilla and add this to the dry ingredients. Fold in the stiffly beaten egg

Children's Corner

For many of us, some of our most cherished memories of childhood center around apples. Perhaps a recollection of the thrill of "swiping" a shirtful of Jonathans off old man Brown's prized tree; or shyly slipping a well polished red apple on a favorite teacher's desk; or sitting pajama-clad, in front of a cheering fire and munching our bedtime fruit.

Apples should always be part of our children's heritage, not only as a health-giving fruit, but as something that will add festivity to their holidays and simple pleasure to play hours.

Famous Apple Games

Those of you who work with small children know that some of the oldest games are the most unfailing sources of delight. For example, at Hallowe'en parties, afternoon or evening, there are time-honored apple games that simply must be played if the occasion is to be a success.

Like bobbing for apples in a tub of water, with the hands behind the back. It's a frolicsome sport that early-graders always enjoy.

Or biting apples suspended by strings, also with hands held in back, another old favorite ever new to youngsters.

Apple bowling is lots of fun, too. You place 3 toothpicks in each apple so it will stand solidly. Arrange ten of these 3-legged apples in the usual tenpin formation. Then let the children roll a ball and score at knocking the apples down.

And speaking of Hallowe'en parties, what's more appropriate for table favors than Apple Jack O' Lanterns? With a sharp knife carve a face on the side of each apple as is done with pumpkins, sprinkling lemon juice on cut parts to prevent discoloration. Place apple on paper frill, cock a crepe-paper hat on top.

For The Very Young

The apple habit can be developed early. Pediatricians say that applesauce, strained and unspiced, can be given to many babies as early as three months. Gnawing on a fresh apple frequently helps "toddlers" to cut stubborn teeth.

The pulp of baked apple is excellent for tiny babies.

What Doctors Say About Apples

Scientists rate apples as one of nature's great "protective foods".

An important source of four of the principal vitamins, as well as of minerals and other food essentials, apples are recognized as one of nature's leading health-builders. No longer just a legend, "Apples For Health," has been established as a fact.

Pectin as in fruit jelly promotes normal intestinal activity. It combines with water to form more "bulk" than do so-called roughage foods." Bulk from the pectin is not irritating to the intestines. Apples are a primary source.

Calcium as in milk is a bone-building material, helps regulate other body processes. Milk is rich in it. Apples offer it, and eating apples helps the system absorb the calcium in other foods.

Phosphorus as in cheese is another important bone and tooth building element. Apples are a fair source of this vital mineral for which cheese, fish, nuts, and eggs are often recommended.

Iron as in eggs plays a vital part in making red blood. Apples contain iron; and their regular eating also helps the body to absorb the iron in other foods such as eggs, and liver.

Energy as in bread comes largely from "fuel foods" like bread, sugar. But the fruit sugar in apples is in "pre-digested" form—its energy is available to the system almost instantly.

Vitamin A as in carrots helps ward off colds and other infections. Also promotes growth. Carrots are rich in it. Apples, such as the Newtown, have been found to contain particularly large quantities of Vitamin A.

Thiamin (Vitamin B.) as in yeast helps to keep the nerves healthy. It is provided in primary quantities by yeast, meat, milk and eggs. Apples are commended as supplementary source of this vitamin.

Vitamin C as in tomatoes is vital in keeping bones and teeth sound, the body normal. Apples are rated a "good" source of Vitamin C. Other sources are

the citrus fruits, tomatoes and green leafy vegetables.

Riboflavin (Vitamin G) as in liver might be called the "youth vitamin." Promotes growth, wholesome skin and general tone. Apples are rated a better source than many of the fruits. Yeast, liver, milk are rich in it.

Physicians recommend apples for intestinal health.

The eating of apples is known to be an effective treatment for certain intestinal disturbances of which an outward sign is diarrhea.

Science points out that in addition to the very gentle nudge the pectin in apples gives to intestinal activity, apples help add detoxifying uronic acids, which keep the lower intestine free of germs and their poisons. This is why fresh apples are so often recommended for "intestinal flu" and other inflammations of the digestive tract.

In addition, apples are among the foods which help keep the blood alkaline, help prevent "acidosis."

And we shouldn't lose sight of the fact that apples stimulate the digestive juices because of their tart, mildly acid flavor.

Pediatricians recommend apples for growth and sturdy bones.

Because calcium and phosphorus, the tooth and bone building minerals essential for children, are both present in apples.

Dentists recommend apples for strong teeth, firm gums.

Besides the tooth-building value of their calcium and phosphorus crisp apples eaten raw provide needed exercise for the gums.

Dietitians recommend apples for appetite appeal and food value.

Although eating them fresh out-of-hand is the most popular way of enjoying apples, nutritionists suggest apples in scores of tempting recipes for health.

Chopped apple and chopped onion, browned together in bacon dripping or butter, are the perfect garnish for fried liver.

Apples should always be kept in the refrigerator or in a very cold place, but not freezing.

MEATLESS APPLE MINCEMEAT



Order Mat No. 15

4 pounds apples (peeled, cored and chopped), 1½ pounds raisins (chopped if desired), ½ cup brown sugar (firmly packed), 1 tablespoon cinnamon, 1 teaspoon nutmeg, ½ teaspoon cloves, ½ teaspoon allspice, ½ teaspoon ginger, 2 cups cider, 2 lemons grated peel and juice, ¼ pound citron, and ¼ pound butter or margarine rum or brandy flavoring to taste.

Combine raisins, apples, sugar, spices and cider. Bring to a boil and simmer 1 hour or until thick. Add lemon juice, peel and rum or brandy flavoring. Store until ready to use. Add the citron and bulk when making the pies. Yields approximately four 9-inch pies.

Recipe tested by Home Economist Dorothy W. Lewis.

FRUIT CUP SALAD

Place California dried figs in the top of a double boiler and heat them, covered, over hot water for 5 minutes, to soften. Allow three figs to each serving. Choose some large grapefruit, allowing half a grapefruit for each serving. Carefully scoop out grapefruit, cutting away and discarding all the white membrane. Carefully cut the grapefruit sections into delicately thin slices.

With scissors snip off the stems of the figs and then trim them into thin strips about an inch long. Core Delicious apples, allowing half an apple for each serving. Cut into small bits, without peeling. Combine with grapefruit and figs.

Make a dressing of strained honey and salad oil into equal quantities, adding a little salt and pepper. Drench fruit with this dressing and place in bowl to chill. When ready to serve, refill grapefruit shells and place on bed of shredded lettuce or endive.

Note: This salad may be varied by adding avocado, or by substituting large oranges for the grapefruit. A ball of cream cheese, rolled in crushed peanuts, may be placed on the top.

APPLE CORNSTARCH PUDDING

Fill a baking dish two-thirds full of sliced apples, add one cup of water, one cup of sugar and a pinch of salt. Bake in a very slow oven (300° F.), uncovered, approximately 1½ hours, or until apples are a deep, rich color, and when cool will form a jelly.

Over this, when cool, pour a custard made of two cups of milk, two egg yolks, two tablespoons of corn starch, three tablespoons of sugar and a few drops of lemon flavoring.

Cover this with a meringue made of the two egg whites, two tablespoons of sugar and a dash of salt, beaten very stiff. Brown lightly in a slow oven.

APPLE CHUTNEY

12 tart apples, 1 minced red pepper, 1 pint cider vinegar, ½ cup currant jelly, 2 cups sugar, juice of 4 lemons, 2 minced green peppers, 1 cup seeded raisins (chopped), 1 Tbs. ground ginger, ½ teaspoon cayenne, 1 Tbs. salt, (note: Currant jelly may be omitted if unavailable).

Pare, core and chop apples. Put in ingredients in the order given and simmer in a large kettle, over low heat or in a very moderate oven, until thick. Pour into sterilized jars and seal with paraffin.

WENATCHEE APPLE MARMALADE

(Courtesy of the Great Northern Railway)

6 lbs. shredded apples, 6 lbs. sugar, 3½ cups water, grated rind of 2 oranges, juice and grated rind of 3½ lemons, and 2 level tsp. ground ginger.

Bring to a boil the water and sugar, and add orange, lemon and ginger. Let this simmer a few minutes; then, and only then, add the shredded apples. Allow these ingredients to simmer on back of range, or at low heat, for one hour. Omit stirring, and chill thoroughly before serving.

APPLE-SAGE JELLY

1½ cups apple juice or apple cider, ½ cup water, 3¾ cups sugar, ½ cup liquid pectin, 2½ Tbs. sage leaves, and yellow coloring.

Pour ½ cup boiling water over sages leaves and steep for 20 minutes; strain and add to it enough water to make ½ cup. Combine with sugar and apple juice or cider. Add ½ tsp. yellow

BAKED APPLES



Order Mat No. 16

Wash and core. Cut off one strip of peeling from the top of the apple, about ½" wide. Place in a baking pan and stuff centers with one of the following fillings:

1 tablespoons brown sugar and 2 tablespoons white sugar; or ¼ cup honey and 1 tsp. cinnamon; or raisins or dates, mixed with white sugar; or marshmallows and cinnamon drops; or powder-

ed sugar, moistened with orange juice; or leftover jam or jelly, especially orange marmalade; or mincemeat (additional sugar if necessary).

Place one cup of water in bottom of baking pan; cover and bake 45 minutes at 375° F.; uncover and finish baking 15 minutes. Baste three or four times during baking process with liquid in pan.

coloring and bring mixture to a boil. Add pectin while boiling, stirring constantly. Boil hard 1 minute. Remove from heat and pour into sterilized glasses and seal with paraffin.

APPLE UPSIDE-DOWN CAKE

¼ cup butter, 1 cup sugar, 1¾ cups cake flour, 1 tsp. baking powder, ½ teaspoon soda, 1 tsp. ginger, ½ tsp. cinnamon, 4 Tbs. butter (additional), ½ cup granulated sugar 1 egg, ½ cup dark molasses, and ½ cup buttermilk.

Apple rounds or slices, cooked in simple syrup until tender.

Melt ¼ cup butter in frying pan, add brown sugar, and stir until melted. Sift flour with baking powder, soda and spices. Cream the 4 Tbs. granulated sugar with second ¼ cup butter; stir in unbeaten egg; beat well. Add molasses, buttermilk and dry ingredients.

Arrange apple rounds on melted butter and brown sugar. Pour in cake mixture. Bake at 350° F. about 35 minutes. After removing from oven, let stand 4 or 5

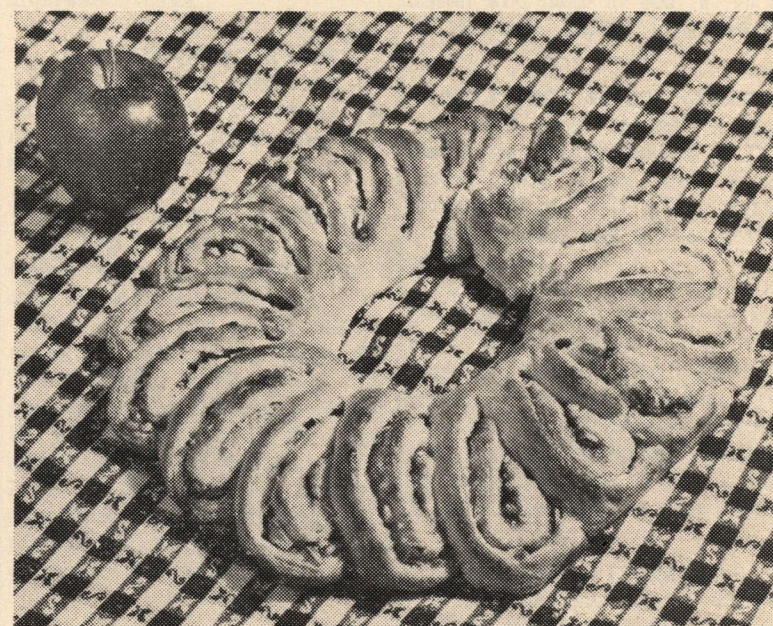
HONEY APPLE DUMPLINGS

2 cups sifted flour, 1½ tsp. baking powder, ½ tsp. salt, ½ cup shortening, ½ cup milk, 6 medium apples (pared and cored), 1 Tbs. butter, 6 Tbs. honey, 1 Tbs. lemon juice, and ½ tsp. salt.

Sift dry ingredients, cut in shortening, add milk, mix to a soft dough. Roll and cut in 6 inch squares. Place an apple in each square. Fill centers with combined butter, honey, lemon juice and salt. Moisten edges of dough, bring up four corners to top of apples and press firmly together. Bake and serve, with or without cream.

Mix two cups of chilled, lightly sweetened apple sauce with one cup of crushed graham crackers, pile lightly into sherbet glasses and top with a spoon of whipped cream or a marischino cherry.

APPLE COFFEE RING



Order Mat No. 17

Coffee Cake Mix: 2 cups flour, 4 tsp. baking powder, ½ tsp. salt, 2 Tbs. shortening, 2 Tbs. sugar, and ¾ cup milk.

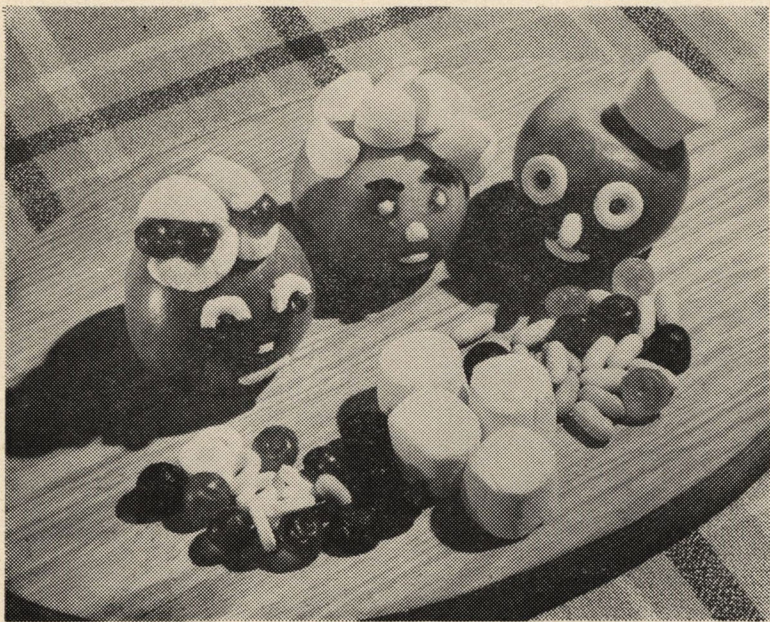
Filling: 4 cups chopped apple, ½ cup sugar, 1 tsp. cinnamon, ½ cup chopped nuts, and ¼ cup corn syrup.

For cake mix, sift together dry ingredients; cut in shortening with pastry mixer; add milk slowly to make soft dough. Roll into a square, ¼" thick on flour-

ed board.

Spread cake mix with filling which has been well mixed together. Roll up in fashion of a jelly roll. Cut with a very sharp knife at ½" intervals, leaving one edge of roll uncut. Place in oiled pan, curled into a ring, as illustrated. Brush entire surface with melted butter and sprinkle lightly with sugar and cinnamon. Bake 45 minutes in moderate oven (350° F.).

APPLE FUNNY FACES



Order Mat No. 18

Apple Funny Faces are easy to make, and are a "natural" for parties the year around. Children of all ages and grown-ups, too, will find them amusing and good to eat. Use them as place cards, group them as a table center, award them as prizes for games.

All you need to make Apple Funny Faces are apples, marsh-

mallows, small gum-drops, licorice candies, peppermint circles, a little confectioner's sugar "paste" and a sharp knife.

Here you have a mustachioed chef, a little old lady in a frilled bonnet, and a fashionable lady in an elaborate hat. There is no limit to the variety of Apple Funny Faces you can make.

RED CABBAGE—BELGIUM STYLE

4 tart apples (sliced, Winesap or Staymen), 1 small red cabbage (shredded), 2 Tbs. butter or margarine, 1 cup boiling water, 1 small onion (thinly sliced), 2 whole cloves, 2 Tbs. sugar, 1 Tbs. flour, and pepper and salt.

Melt butter in saucepan and add cabbage, apples and onions. Cook 1 minute; add boiling water, salt, pepper, sugar and cloves. Cover and cook gently on high heat until steaming; then on low heat until cabbage is tender. Sprinkle on the 1 tablespoon of flour, and toss over heat until blended.

CHRISTMAS RIBBON SALAD

1 pkg. cherry flavored gelatine, 1 pkg. lime flavored gelatine, 1 cup tart applesauce, and 1 cup cottage cheese.

Mix cherry gelatine with 2 cups hot water, and place one half in flat mold and chill until solid. Mix lime gelatine with 1½ cups hot water and add applesauce and cottage cheese. Pour over first mixture and chill until solid. Add last half of cherry gelatine and chill until solid. Cut in squares or strips, place on shredded lettuce and top with swirl of mayonnaise and dash of paprika.

APFELSTRUDEL

Crust: 1 cup flour, 1½ Tbs. shortening, and 6/8 Tbs. luke warm water.

Roll the crust out on a clean dish towel until it is so thin that "you can read a newspaper thru it."

Filling: 8 apples (pared and sliced thin), ½ cup sugar, ½ tsp. cinnamon, ½ cup chopped almonds, ½ cup raisins, 1 Tbs. butter, and 1 Tbs. bread crumbs.

Mix all ingredients and lay filling on crust; roll up by picking up the towel and pulling it toward you. Bake in a medium oven (325° F.) until juice comes out, about one hour.

SPECIAL HOLIDAY BAKED APPLES

6 apples, ½ cup hot water, ¾ cup sugar, and ½ cup chopped Brazil nuts.

Wash apples; core. Pare ¼ way down from stem end. Place in casserole. Add water and ½ cup of sugar; cover. Bake in moderate oven (350° F.) about 30 minutes. Remove from casserole to baking sheet. Combine liquid in casserole with remaining sugar. Tint pink with food

coloring; boil 1 minute. Baste apples with syrup and sprinkle with Brazil nuts. Place under very low broiler flame until top is glazed and nuts are toasted. Serve warm.

SPECIAL HOLIDAY DRESSING

1 large loaf white bread (1½ lbs.), 1 pint fresh oysters, ½ cup shortening, 1 Tbs. salt, 1 tsp. pepper, 2 tsp. sage, ½ cup chopped celery, 1 cup chopped apple, 1 small onion (minced), and 1 cup giblet stock.

Crumble or cut bread into small cubes. Dampen slightly by sprinkling with water. Melt shortening (preferably butter) in large skillet and lightly brown bread cubes. Season thruout with salt, pepper and sage. Add celery, apple (including the peeling) and onion, mixing well. Add oysters, which have been cut into small pieces. Now moisten well with the one cup of stock liquor in which the giblets have been cooked; or with one cup of water if meat stock is not available. This is a sufficient quantity to fill the cavity in one 10-lb. fowl. Do not press in too tightly.

MINCEMEAT

5 pounds of lean beef (chopped), 1 pound of suet (chopped), 6 pounds of tart apples (chopped), 3 pounds of raisins, 2 pounds of currants, 3 pounds of brown sugar, 1 teaspoon of salt, ½ gallon sweet cider, 1 pound sliced citron, 3 pounds candied lemon peel, 1 lemon (juice and grated rind), 1 orange (juice and grated rind), 1 tablespoon each cloves, all-spice, cinnamon, and 1 teaspoon nutmeg.

Boil cider and sugar to syrup.

Add other ingredients and cook slowly for 2 hours. Seal tightly in jars.

(P. S. Did you know that venison makes delicious mincemeat, just in case your menfolks go a-hunting?)

APPLE PIE WITH MOLASSES

4 to 6 apples, 2 Tbs. sugar, 2 Tbs. flour, ½ Tsp. salt, ¾ Tsp. cinnamon, ¼ Tsp. nutmeg, 1 Tbs. lemon juice, ½ Cup Molasses, and 1 Tbs. butter.

Quarter and core apples, and slice medium thin. Mix together all dry ingredients, and stir in apple slices. Mix together molasses and lemon juice and add to first mixture. Fill lower crust and dot with butter. Cover with top crust. Bake at 425° for 10 minutes; reduce heat to 325° and continue baking for 45 to 50 minutes.

CANNED APPLES

Also don't forget that now is the time to can applesauce and apple slices to add taste appeal to winter meals. Apples for canned applesauce should be thoroughly washed, stems removed, and quartered. Cook until soft in small amount of water. Cool. Then put through Colander. Sweeten to taste, bring to a boil and seal in sterile jars. Apple slices should be dropped in boiling syrup, boiled 5 minutes, placed in sterile jars and sealed. For cold packing of apple slices, place slices in jars, cover with boiling syrup, seal and process in boiling water bath for 20 minutes.

Don't forget a few jars of minted applesauce, tinted green, and a few of cinnamon applesauce, tinted pink, (pink size) to include in Christmas baskets and boxes. Of such thoughtful and homely gifts is the real spirit of Christmas nourished.

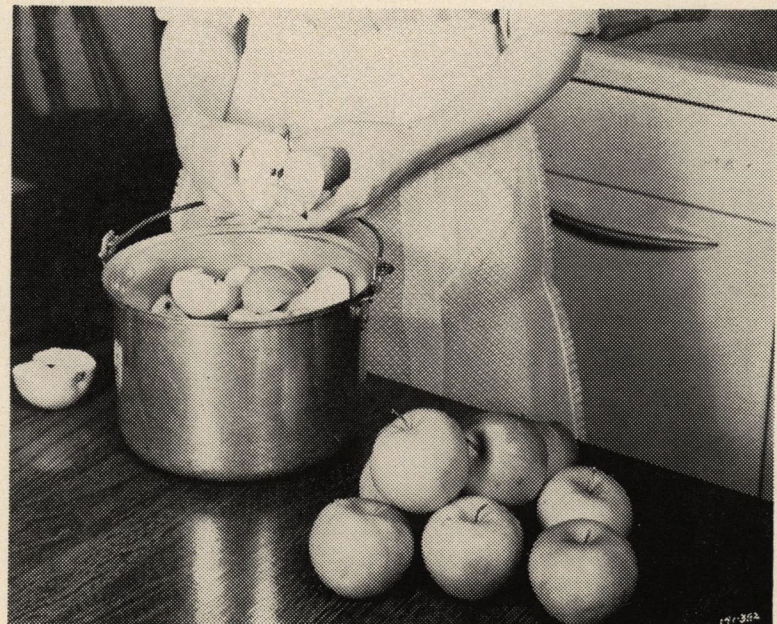
DRIED APPLES

New and delicious are apple rings dipped in boiling syrup and then dried. Wash and dry Jonathan Apples, core and slice crosswise in rings. Drop rings into boiling heavy sugar syrup. Allow syrup to come to a rolling boil, and then lift rings out carefully and place on a drying rack. Dry for 8 hours in oven at 250° F. with oven door left slightly ajar. Cool and store in air tight containers in dry, dark place. These are a wonderful, chewy treat for winter time munching, or may be cooked in to sauce for a variety of uses, or cut into bits for fruit cake.

HOLIDAY RELISH

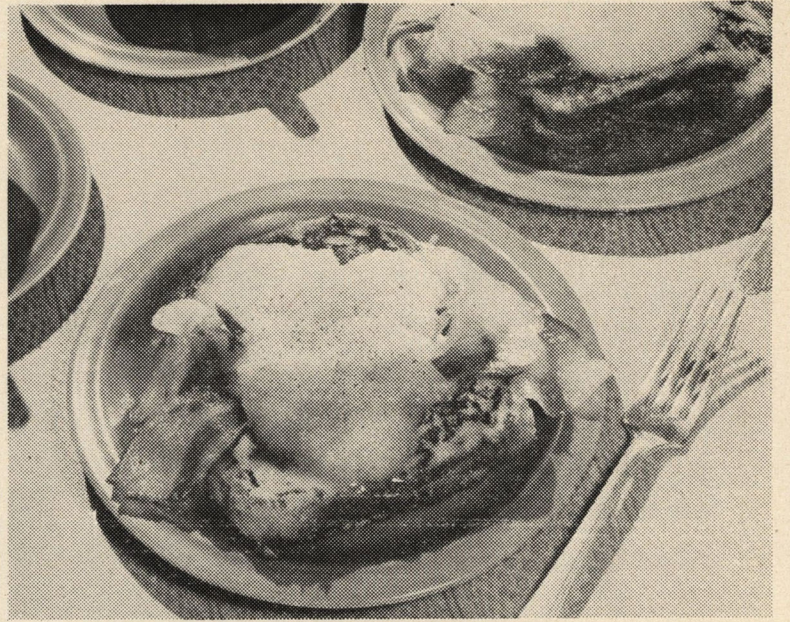
2 apples, 2 oranges, 1 lemon, 4 cups fresh cranberries, 1 cup sugar, and 1 cup corn syrup.

Put apples, oranges, lemon and cranberries through the food chopper. Add sugar and syrup and blend. Chill in the refrigerator a few hours before serving. Will keep well refrigerated for several weeks.



Order Mat No. 20

GALA SUNDAY BREAKFAST OR BRUNCH



Order Mat No. 19

Top 1 slice of hot French toast with 2 strips of bacon and a generous spoonful of hot, sweetened, spicy applesauce. Add an-

other slice of French toast, two more strips of bacon and more applesauce. Serve at once.

MEXICAN BRAISED LIVER

1½ lbs. lamb or pork liver, 3 tart apples, 1 green pepper, 6 small onions, salt and pepper, and ½ cup water.

Dredge liver with flour, and brown in hot drippings. Peel and slice apples. Slice green pepper and onions. Arrange in skillet with liver. Season, add water and cover. Simmer gently until vegetables are tender (about 45 minutes). Add more water if necessary.

APPLE-CHEESSE BISCUITS

2 cups sifted flour, 3 Tsp. baking powder, ¼ Tsp. baking soda, 1 tsp. salt, grated cheese, 3 Tbs. shortening, 1 egg, 1 cup applesauce, and ¼ cup sour cream.

Sift dry ingredients together, and cut in shortening. Beat egg until creamy, add applesauce and sour cream, and add to first mixture. Roll out on floured board and cut into square biscuits. Place on baking sheet and sprinkle with grated cheese. Bake 15 to 20 minutes at 400° F.

LAZY WAFFLES

Remove crusts from sliced bread, butter lightly, and toast in the waffle iron. Spread with spicy apple butter and serve with little pigs.

APPLESAUCE ICING

To ½ cup of apple sauce, add 1½ cups of powdered sugar. Mix well. Delicious on spice cake or applesauce cake.

CRANBERRY-APPLES

Heat cranberry sauce and flavor lightly with cinnamon. Use for filling cored apples and bake in usual manner.

DANISH APPLE DESSERT

1½ Tbs. butter, 3 cups (corn, wheat or bran flakes), and 2 cups sweetened applesauce.

Melt butter in small skillet; crush and add cereal flakes and heat slowly until crisp and golden brown, stirring constantly. Place a thin layer of applesauce in dessert dishes. Add a layer of flakes, then a layer of applesauce. Repeat, topping with applesauce. Serve at once with cream or thin custard.

CORNMEAL-APPLE PUDDING (Courtesy Essie I. Elliott)

1 cup yellow cornmeal, 1 quart milk, 1 tsp. ginger, 2 cups apples (cored and sliced thin), 1 tsp. salt and ½ cup molasses.

Scald the milk and add cornmeal; cook 30 minutes and add salt, ginger and molasses. Pour into a buttered baking dish, bake 1 hour, stirring occasionally; add apples and bake 1 hour longer, without stirring. Serve with cream or pudding sauce.

DELMONICO APPLES

Put a layer of applesauce in a buttered pudding dish, sprinkle with ground almonds or peanuts, dot with butter and sprinkle with crushed macaroons; add a little water and bake 12 to 20 minutes, 400° F.

CRANBERRY-APPLE SNOW

3 large tart apples, ½ cup powdered sugar, 3 eggs, ocean spray cranberry sauce, 1 pint milk, 3 Tbs. sugar, ½ tsp. salt, and 1 tsp. vanilla.

Steam apples until soft. Beat egg whites. Add powdered sugar and beat again. Add apple pulp and beat until white. Fill bottom of sherbet glasses with cranberry sauce. Pile apple snow lightly on top. Garnish with leaf cut from a slice of canned cranberry sauce. Serve with boiled custard, made as follows: Scald milk in double boiler. Beat egg yolks with sugar and ½ tsp. salt. Pour hot milk on eggs slowly, stirring well. Return to double boiler and stir back until thick. When cold, add vanilla.

CORNFLAKE CHARLOTTE

2 cups sweetened applesauce, juice and grated rind of ½ lemon, ½ tsp. nutmeg, 2½ cups of cornflakes, and 2 Tbs. butter.

Combine applesauce, lemon rind and juice and nutmeg. In a buttered casserole, arrange alternate layers of cornflakes and applesauce mixture. Dot with butter and bake at 400° F. 15 to 20 minutes. Serve with cream.

APPLE MOLASSES CRUMB

4 large tart apples, ½ cup water, ¼ cup molasses, 1 Tbs. lemon juice, 1 cup dried bread crumbs, ½ tsp. salt, 3 Tbs. sugar, 2 Tbs. butter, and 1 Tbs. grated orange rind.

Pare and slice apples very thin. Cook with ¼ cup water over low heat until tender. Pour into greased baking dish. Sprinkle lemon juice and molasses over top. Mix bread crumbs, orange rind and melted butter together. Sprinkle over top. Bake at 425° F. 30 minutes. Serve with cream.

APPLE CRISP

3 cups chopped apple (unpeeled), ½ cup dark corn syrup, ¼ cup hot water, ½ cup brown sugar, 1 cup rolled oats, ¼ cup butter or margarine, ¼ cup flour, scant teaspoon salt, and 1 package salted pecans.

Place apples in buttered baking dish; add corn syrup and hot water combined. Mix butter, sugar, flour, salt, and rolled oats until crumbly consistency. Sprinkle over top of apples. Bake at 350° F. 1 hour. Sprinkle pecans on top of dry mixtures. These are optional.