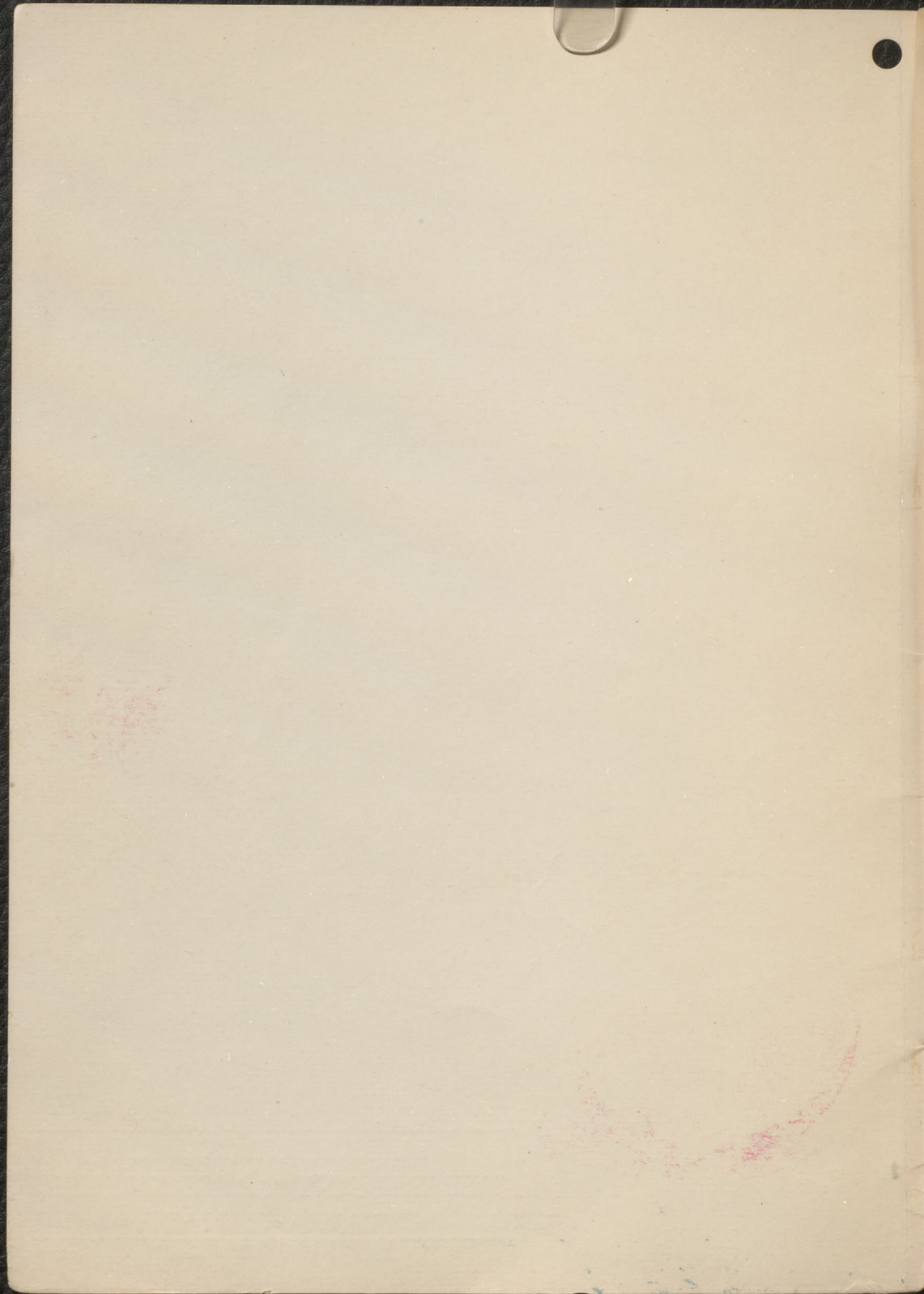


CANADIAN GROWN APPLES

Delight
in every
bite ~



MARKETING SERVICE
DEPARTMENT OF AGRICULTURE
OTTAWA · CANADA ~



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period of years the recipes have been repeated with-
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See page 2

APPLICABLE sweetened with 1 teaspoon of water for
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See page 3

WATER should be quite good if instead of filling
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top with sugar.

See page 10

WATER ... 1/2 cup sugar can be used with good
results.

See page 12

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See page 13

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See page 8

APPLESAUCE sweetened with 1 teaspoon of sugar for each apple is quite palatable unless very sour varieties are used.

See page 9

BAKED APPLES are quite good if instead of filling the cored fruit merely sprinkle the top with sugar.

See page 10

BROWN BETTY .. 1/2 cup sugar can be used with good results.

See page 13

APPLES EN CASSEROLE .. 3/4 cup of sugar does not affect the quality but retains a more definite apple flavour.

See page 15

APPLE DUMPLINGS .. When sugar is reduced to 1/4 cup the dessert is tart but of good flavour.

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CANADIAN GROWN APPLES

APPLE RECIPES

MARKETING SERVICE



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Ottawa, Canada

1911
DEPARTMENT OF AGRICULTURE
CANADA

CANADIAN-GROWN APPLES

APPLE RECEIPT

MARKETING SERVICE



1911
DEPARTMENT OF AGRICULTURE
CANADA

APPLE CULTURE IN CANADA

THE fruit industry has become one of the chief industries in Canada and the apple is by far the most important fruit grown, due no doubt to the fact that Canada produces the best flavoured, most highly coloured and longest keeping apples. The area in the Dominion over which the apple can be grown successfully, commercially, is very great, so great, that if it were all covered with apple trees in bearing, there would be more than enough apples to supply the markets of the world.

The commercial apple crop is estimated on the basis of all fresh and processed fruit moved to market. The five-year average (1936-1940) in bushels under this calculation is as follows: Nova Scotia, 5,481,000; British Columbia, 5,725,000; Ontario, 2,453,000; Quebec, 630,000; New Brunswick, 153,000.

NOVA SCOTIA.—The apple has been grown in Nova Scotia longer than in any other province in Canada with perhaps the exception of Quebec. It has been grown commercially for the last fifty or sixty years and the industry has now reached extensive proportions. The largest crop to date was produced in 1933 when 8,288,000 bushels were sold from the Annapolis Valley and adjacent valleys which make a district of about one hundred miles long and from six to eleven miles wide. Large quantities of the superior quality apples grown in this province are exported annually to the markets of Great Britain.

NEW BRUNSWICK.—The climate of New Brunswick is admirable suited to the cultivating of the hardier apple and as some of the apples of the most attractive appearance and the best quality are among the hardier sorts this province is capable of producing a very large quantity of the finest fruit. At present practically the whole production of apples is consumed within the province.

PRINCE EDWARD ISLAND.—The culture of apples has not developed as rapidly on Prince Edward Island as the climate and soil justify. The apple succeeds well in the province and owing to the comparatively cool summer and autumn causing slow ripening, the fruit keeps as long or longer than in any other part of the Dominion. Apple trees have been grown on Prince Edward Island since about 1763 when the English first settled there.

QUEBEC.—There are records which show that as long ago 1663 apples were being produced in the province of Quebec. The capabilities of this province for the production of apples of the finest appearance and best quality are very great. It is here that the Fameuse apple is thought to have originated. In the Ottawa and St. Lawrence Valley, throughout the Eastern Townships and in other parts of the province there are many thousands of acres which will grow apples. Due to the large population in Quebec there are not at present sufficient apples grown within its boundaries to supply the local demand and large quantities are therefore imported each year. The industry is, however, developing rapidly.

ONTARIO.—This province is normally one of the largest producers of apples in the Dominion of Canada but the quantity now produced could be increased many times over without exhausting the land where the best apples can be grown successfully. The apples from Ontario are well and favourably known on the markets of Great Britain where large quantities are sold annually.

MANITOBA.—More attention has been paid to apple culture in this province than in either of the other Prairie Provinces. New varieties suitable to the climate have been developed and small quantities of these Manitoba-grown apples are now appearing on local markets.

Apples, the Cheapest Medicine You can Buy

SASKATCHEWAN.—Small apples or crab apples can be successfully grown in many places in the province of Saskatchewan and some apples of the very hardy Russian varieties have been matured.

ALBERTA.—The climate of Alberta varies much more north to south, some parts being very dry with but little snow in winter, other parts having a great rainfall and snowfall. The best results so far have been obtained in Southern Alberta where at the Experimental Station at Lethbridge good apples have been produced.

BRITISH COLUMBIA.—Apple growing in British Columbia was only begun in comparatively recent years but the development of commercial orcharding has been very rapid, the greatest planting having occurred during the period from 1909 to 1914. The climate of British Columbia is varied within short distances, both wet and dry growing seasons being found. The most noted district is that of the Okanagan Valley where some of the finest orchards in the province and in the Dominion are to be found. The boxed apples from this province are found in season on all the important markets in Great Britain from which the demand created by high quality is rapidly increasing.

THE FRUIT, VEGETABLES AND HONEY ACT

The Fruits Marks Act, making compulsory the grading of apples, was passed in 1901. Since that time the Act has been frequently changed by repeal and amendment until The Fruit, Vegetables and Honey Act was passed in 1935, combining The Fruit and Honey Act with The Root Vegetables Act. This, with further revision, is at present in force.

GRADES

Apples packed in barrels, hampers, or baskets are graded:—

"No. 1 Grade" includes handpicked, mature, well-formed apples of good colour for the variety, practically free from disease or injury, and properly packed. This grade is packed to $\frac{1}{4}$ - or $\frac{1}{2}$ -inch size range, and above the minimum for the variety.

"Domestic Grade" includes apples of fair colour for the variety, free from insect injury and disease, and fairly free from other injury. Size requirements are similar to "No. 1 Grade."

Apples packed in boxes or crates are graded:—

"Extra Fancy," which includes uniform, large, well-coloured apples practically free from imperfection, and well packed. These are usually wrapped.

"Fancy" apples are uniform, well coloured and well packed, practically free from imperfection, need not be so well coloured as "Extra Fancy," are usually wrapped.

"Grade C" includes uniform, properly packed apples, free from serious damage, and of average size and fair colour, not usually wrapped.

Apples of lower grade are used for apple juice, cider and vinegar.

Canned apples are also graded "Fancy Quality," "Choice Quality" and Standard Quality.

An Apple a Day Keeps the Doctor Away

FOOD VALUE OF APPLES

Science has at last supplied the reason why the apple has been esteemed through the ages—the reason for the ancient couplet, “An apple a day keeps the doctor away.”

The apple along with other fruit was long classed as a flavour food. Now they are valued for vitamin and mineral content.

The average composition is given:—

	Per cent		Per cent
Water.....	84.6	Carbohydrates.....	13
Protein.....	0.4	Fat.....	0.3
Minerals.....	0.3	Vitamins A, B, C and G.	

The body uses sugar in the form of glucose. The process of conversion to this form requires times. Apples contain sugar in an easily convertible form and for this reason are of high value. One large apple provides 100 calories.

Apples contain calcium, phosphorus and iron as well as other minerals in the form of acid. These enter into bone construction, stimulate nerves, purify the blood and prevent acidosis.

Vitamins A—is essential to growth and raises body resistance to disease.

B—is essential to growth, stimulates appetite and promotes good digestion.

C—prevents the nutritional disease called scurvy, assists in tooth development and prevents tooth decay.

The framework and skin give bulk which aids in elimination.

Water is supplied in its purest form.

The apple has recently given marvellous results in treatment of infantile intestinal disease. Raw apple pulp or apple powder is issued in the milk formulae. The curative factors are not limited to children. Success has also been shown in treatment of such conditions as ulcerative colitis in adults.

Apple powder is being extensively used as in this form it may be stored the year round and is of uniform and known potency.

Apple juice is a delicious appetizer.

BUY CANADIAN APPLES

Apples are our cheapest fruit. They are in season throughout the year.

Buy the largest container that can be conveniently used. This means economy.

Buy an original, closed package. Store in a dry, cool, well-ventilated place.

BUY BY GRADE

“Extra Fancy” and “Fancy” are used for dessert purposes.

“No. 1” is a good general purpose quality.

“Domestic” and “C” are good grades for cooking or general purpose.

Canned apples, apple sauce, and evaporated apples are graded under The Meat and Canned Foods Act, “Fancy Quality,” “Choice Quality” and “Standard Quality.”

Apples vary in flavour and texture. The firm, tart apples are best for cooking, but care must be taken to buy each variety at its proper season.

SOME LEADING VARIETIES

Variety	Best season for use	Size, minimum diameter	Flavour
Yellow Transparent.....	Late July and August.	2 inches	Mild.....
Astrachan.....	August-Sept.....	2¼ " "	Mild.....
Duchess.....	Late Aug.-Sept.....	2¼ " "	Tart.....
Maiden's Blush.....	Sept.-Oct.....	2 " "	Acid.....
Alexander.....	Sept.-Oct.....	2¼ " "	Mild acid.....
Wolf River.....	Sept.-Oct.....	2¼ " "	Mild acid.....
Gravenstein.....	Late Sept.-Nov.....	2 " "	Mild acid.....
Wealthy.....	Oct.-Jan.....	2 " "	Mild acid.....
Saint Lawrence.....	Sept.-Oct.....	2 " "	Mild acid, aromatic.....
Blenheim.....	Oct.-Dec.....	2 " "	Sub-acid, aromatic.....
Ribston.....	Late Sept.-Dec.....	1⅞ " "	Sub-acid.....
Melba.....	Late Sept.-Nov.....	2 " "	Mild.....
McIntosh.....	Oct.-Dec. or later.....	2 " "	Mild, aromatic.....
King.....	Oct.-Jan.....	2¼ " "	Mild acid.....
Greening.....	Oct.-April.....	2¼ " "	Rather acid.....
Yellow Newtown.....	Feb.-May.....	2 " "	Mild acid, highly aromatic.....
Ontario.....	Nov.-March.....	2¼ " "	Mild acid.....
Northern Spy.....	Nov.-March.....	2 " "	Mild acid.....
Jonathan.....	Nov.-Jan.....	2 " "	Slightly acid.....
Golden Russet.....	Dec.-May.....	1⅞ " "	Very slightly acid.....
Baldwin.....	Nov.-April.....	2 " "	Mild acid.....
Winter Banana.....	Nov.-Dec.....	2¼ " "	Mild aromatic.....
Delicious.....	Nov.-March.....	2 " "	Very mild acid, aromatic.....
Spitzenburg.....	Aug.-Sept.....	2 " "	Slightly acid.....
Rome Beauty.....	Nov.-April.....	2 " "	Mild acid.....
Fameuse (Snow).....	Oct.-Midwinter.....	1⅞ " "	Mild.....
Tolman Sweet.....	Nov.-Jan.....	2 " "	Mild, sweet.....
Ben Davis.....	Jan.-June.....	2 " "	Mild.....
Winesap.....	Jan.-April.....	2 " "	Slightly acid.....
Fallwater.....	Nov.-Feb.....	2¼ " "	Midly sweet.....
Twenty Ounce Pippin.....	Oct.-Jan.....	2¼ " "	Slightly acid.....
Wagener.....	Oct.-Feb.....	2 " "	Slightly acid.....
Stark.....	Jan.-May.....	2 " "	Mild acid.....

OF CANADIAN APPLES

Colour of skin	Flesh	Dessert	Cooking
Yellow.....	White, juicy.....	Good.....	Fair.
Red.....	White, juicy.....	Good.....	Good.
Red striped, pale yellow..	Creamy, juicy, firm, crisp.	Fair.....	Excellent.
Pale waxy yellow. Red cheek.	Creamy, juicy.....	Fair.....	Very good.
Red.....	Creamy, coarse, crisp.....	Fair.....	Good (baking).
Red.....	Creamy, coarse, crisp.....	Fair.....	Good (baking).
Yellow, red stripes.....	Yellowish, juicy, firm, crisp	Good.....	Excellent.
Bright red.....	White stained with red, juicy, crisp.	Good.....	Very good (Jelly).
Green streaked with red..	White, sometimes red streaked, crisp, juicy.	Excellent...	Good.
Yellow, red striped.....	Yellowish, firm, moderately juicy, fine grained.	Excellent...	Excellent.
Russet yellow overspread dull red.	Yellowish, firm, very crisp, juicy.	Good.....	Very good.
Red streaked.....	Creamy white, juicy.....	Excellent...	Good.
Red.....	Creamy white, juicy.....	Excellent...	Good.
Dull red.....	Creamy white.....	Fair.....	Good.
Bright green, turning yellowish	Creamy white, juicy, tender	Fair.....	Excellent.
Greenish yellow.....	Yellowish, crisp, tender...	Good.....	Good.
Red striped.....	Creamy, firm, crisp, very juicy.	Good.....	Very good.
Bright red striped.....	Yellowish, very juicy, crisp, firm, tender.	Very good...	Excellent.
Deep red.....	Creamy, sometimes tinged red, juicy.	Very good...	Very good.
Deep greenish yellow russeted.	Firm, creamy, crisp, fine grained.	Very good...	Poor.
Bright red over green mottled, white spots.	Creamy, juicy.....	Good.....	Good.
Clear pale yellow with blush.	White, juicy, a little coarse	Excellent...	Good.
Red striped almost all red	Creamy, juicy, firm.....	Excellent...	Fair.
Bright red striped darker red.	White, firm, juicy.....	Good.....	Good.
Yellow mottled red.....	Creamy, rather crisp.....	Fair.....	Fair.
Bright red.....	White, sometimes streaked red, crisp.	Excellent...	Good (Excellent jelly).
Yellow.....	Creamy White, somewhat firm, crisp.	Excellent...	Good, excellent canning, baking and pickling.
Bright deep red.....	Creamy, firm.....	Poor.....	Fair.
Bright red with bloom...	Yellowish, sometimes veined red. Very juicy, very firm.	Good.....	Good.
Dull green with dull blush	Yellowish, firm, coarse, juicy.	Poor.....	Good.
Red striped, mottled on yellowish green.	White, tinged, yellow, juicy, coarse.	Fair.....	Fair.
Bright light red, some yellow.	Creamy, very juicy, very tender.	Good.....	Good.
Yellowish green, mottled red.	Creamy, firm.....	Fair.....	Good.

PRACTICAL APPLE RECIPES

APPLE SAUCE—I—

10 apples.
 $\frac{3}{4}$ cup cold water.
 $\frac{1}{2}$ cup sugar.

Wipe, quarter, and core sour Canadian-grown apples; add the water and cook until the apples begin to grow soft; add the sugar and cook until thoroughly soft; press through a strainer.

APPLE SAUCE—II—

Wipe, quarter, pare and core eight sour Canadian-grown apples. Put in a saucepan; add enough water to prevent apples from burning. Cover and cook slowly to a mush, stirring frequently. Add sugar to sweeten.

APPLE SAUCE—III—

Do not pare or core large tart Canadian-grown cooking apples, but cut into quarters. Cover with boiling water. Cook until very tender and rub through a coarse sieve and add $\frac{1}{2}$ cup sugar to 3 cups pulp—cook 3 minutes.

ALMOND APPLE SAUCE—

Pour a good apple sauce from Canadian-grown apples into a flat serving dish. Sprinkle thickly with chopped almonds and cinnamon. Serve hot or cold, with or without cream.

BAKED APPLE SAUCE—

Fill a two-quart earthen pudding dish with alternate layers of sliced tart Canadian-grown apples and sugar; cover with water, place a cover over pudding dish and bake in a slow oven two or three hours, being careful to add a little water if needed. If Spitzenburgs are used, when turned into dish it will be a mass of jelly as red as a cherry and the flavour unimpaired by cooking.

DRIED APPLE SAUCE—

Wash Canadian-grown dried apples thoroughly and soak for several hours or overnight in fresh water. Cook slowly until tender, then sweeten to taste with sugar and cinnamon and cook, a few minutes longer.

CODDLED APPLES—

2 cups boiling water. 8 apples.
1 to 2 cups sugar.

Make a syrup by boiling sugar and water five minutes. Core and pare Canadian-grown apples; cook slowly in syrup; cover closely and watch carefully. When tender, lift out apples, add a little lemon juice to syrup and pour over apples. The cavities may be filled with jelly or raisins.

APPLE PORCUPINE

Stick coddled apples with pieces of almonds blanched and cut lengthwise in spikes.

STEAMED APPLES—I—

Wipe, core and pare sour Canadian-grown apples. Place on a plate in a steamer and cook till apples are tender; strain the juice and make a syrup by using one half as much sugar as juice; boil three minutes, add 1 tablespoon lemon juice and pour over the apples. When cold, they may be served with or without plain or whipped cream.

Keep Your Home Supplied With Good Apples

STEAMED APPLES—II—

Core and quarter Canadian-grown apples, remove any blemishes. Arrange in layers in dish and over each layer place a thin layer of sugar. Sprinkle lightly with cinnamon or nutmeg. Do not peel apples. Place dish in steamer and steam over hot water until tender. It depends upon the size of the dish as to the time necessary. About 25 to 30 minutes for a medium dish.

STEAMED APPLES—III—

Select eight red Canadian-grown apples; cook in boiling water until soft, turning often. Have water half surrounding the apples. Remove the skins carefully that the red colour may remain.

To the water add one cup of sugar, the grated rind of $\frac{1}{2}$ lemon and the juice of one orange. Simmer until reduced to 1 cup, cool and pour over apples.

APPLE COMPOTE—

8 Canadian-grown apples.

$\frac{1}{2}$ or 1 cup sugar.

1 tablespoon lemon juice.

1 cup boiling water.

Thin shaving lemon rind.

Small piece of root ginger.

Wipe, quarter, core and pare sour Canadian-grown apples; cut into eighths. Make a syrup by boiling sugar, lemon rind, root ginger and boiling water five minutes. Remove lemon rind and add enough apples to cover bottom of saucepan; cook slowly, watch carefully and remove as soon as clear. Continue until all are cooked, add lemon juice and strain remaining syrup over apples.

BAKED APPLES—I

Wipe, core and score sour Canadian-grown apples; place them in an agate baking dish and fill each centre with sugar or sugar and cinnamon (use 1 teaspoon cinnamon to 1 cup sugar); allow $\frac{1}{2}$ cup water for 6 apples and pour it around, not over them. Bake until the apples are soft, from 20 to 45 minutes; basting every 10 minutes; place them in a dish and pour the juice over them. When cold they may be served with or without plain or whipped cream.

BAKED APPLES—II

Pare and core good uniform Canadian-grown apples. Put into a baking pan, fill the centre of each apple with sugar, and add a bit of butter on the top. Add enough eater to cover the bottom of the pan. Cinnamon or nutmeg may be sprinkled on the top if desired. Bake in a hot oven until soft; baste very often with the juice in the pan.

BAKED APPLES—III

Pare and core tart, Canadian-grown apples, fill cavities with raisins, strawberry jam, dates, citron or lemon peel, sprinkle with sugar. Place in a baking dish and pour over them $\frac{1}{2}$ cup of water. Dust with granulated sugar. Bake in a slow oven until tender. Sprinkle with soft bread crumbs and sugar. Bake ten minutes and serve hot with cream or pudding sauce.

BAKES APPLES, CREOLE STYLE—

Cook cored Canadian-grown apples in a little water and lemon juice. Place in a dish and fill centres with jelly or marmalade. Add $\frac{1}{4}$ cup of sugar to the liquid, boil and pour over the apples. On the top of each apple place a meringue. Put the apples in a moderate oven for 8 or 10 minutes. Serve cold.

BAKED APPLES WITH OATMEAL

Core Canadian-grown apples; fill the space from which the core was taken with cold cooked oatmeal. Stand the apples in a baking dish, sprinkle with sugar and add one-half cup water. Bake in a moderate oven until soft. Serve with cream, using a little more oatmeal for garnish.

PANNED BAKED APPLES—

Core and cut Canadian-grown apples into eighths. Put a layer in a baking dish, sprinkle with two tablespoons of sugar, add another layer of apples and continue until the dish is full. Add to each quart of apples 1 cup of water; cover the dish and bake in a quick oven until soft. The skin, which is left on, gives a fine flavour. Serve hot in the dish in which they were baked. This is very nice when served the meat course at dinner.

BAKED SWEET APPLES—

Wipe and core eight sweet Canadian-grown apples. Put in baking dish and fill cavities with sugar allowing $\frac{1}{2}$ cup. Add $\frac{2}{3}$ cup of boiling water and cover; bake for three hours in a slow oven, basting frequently, and adding more water if necessary.

APPLE BUTTER

1 pound apple pulp. 1 quince.
 $\frac{3}{4}$ pound sugar. $\frac{1}{2}$ teaspoon cinnamon.

Wash, pare and core Canadian-grown apples and quince. Cover parings with water. Cook for half an hour; drain and add this juice to apples and quince. Cook until the apples and quince are soft; press through sieve, add sugar, cinnamon and cook until thick and clear.

APPLE CUPS—

Wipe bright red Canadian-grown apples and cut slices from stem end. Scoop out pulp, leaving cups. Chop pulp—there should be 2 cups. Put in pan, add $\frac{3}{4}$ pound brown sugar, juice and grated rind of 1 lemon, 1 ounce ginger root, pinch of salt and enough water to keep apples from burning. Cover and cook slowly until thick adding water as necessary. Fill prepared cups.

ALLERTON APPLES—

Wipe, core and pare 6 large Canadian-grown apples and arrange in a baking dish. Mix $\frac{3}{4}$ cup sugar, 1 teaspoon cinnamon and $\frac{1}{4}$ teaspoon salt. Fill cavities with mixture, pour around $\frac{1}{4}$ cup water and bake until apples are soft, basting very often with syrup in dish. Remove from oven, cool slightly and pile a meringue on top of each apple; return to oven and bake eight minutes. Chill and serve with sugar and thin cream.

For meringue.—Beat whites of 2 eggs stiff, add 2 tables tablespoons powdered sugar gradually, while beating constantly. Flavour with $\frac{1}{2}$ teaspoon vanilla.

APPLES DESSERTS AND PUDDINGS

BROWN BETTY—I—

1 cup bread crumbs. 1 cup sugar.
8 sliced Canadian-grown apples. $\frac{1}{2}$ cup cold water.

Butter a baking dish, put a layer of crumbs, then a layer of Canadian-grown apples. Sprinkle with cinnamon and sugar and dot with bits of butter. Repeat until the dish is full; insert a knife in several places and pour in the water and sugar made into a syrup. Set in a pan of hot water and bake for forty-five minutes. Serve hot with cream or hard sauce

BROWN BETTY—II—

1 large cup grated bread crumbs. $\frac{1}{2}$ cup molasses.
6 or 8 sliced Canadian-grown apples. Butter and spices.
 $\frac{1}{2}$ cup cold water and sugar.

Butter a baking dish; put on the bottom a layer of Canadian-grown apples; over this a layer stale grated bread crumbs, just thick enough to cover the apple,

Know the Varieties, Buy the Best, Come Again

add little lumps of butter, sugar and a pinch each of cloves, allspice and cinnamon, then begin again with the apples, crumbs, etc., and continue until the dish is filled, ending with a thick layer of bread crumbs and lumps of butter. With a knife make a space on four sides between the dish and the pudding and pour in $\frac{1}{2}$ cup of molasses and $\frac{1}{2}$ cup of cold water. Smooth the spaces over, set the dish in a pan of boiling water and bake until the apples are tender and the crumbs slightly brown. Serve with cream or with lemon pudding sauce.

SPICED APPLE PUDDING—

3 cups bread crumbs.	3 cups chopped Canadian-grown apples.
1 cup sugar.	2 cups milk.
$\frac{1}{4}$ cup raisins.	$\frac{1}{4}$ cup citron peel.
2 tablespoons rich fruit juice.	1 teaspoon cinnamon.
$\frac{1}{2}$ teaspoon ground cloves.	1 teaspoon mace.
3 eggs (beaten separately)	

Scald the milk, stir in the crumbs and scald for 2 minutes. Remove from fire mix together all the ingredients, adding lastly the whites of eggs beaten stiff. Butter pudding dish, fill with the batter and bake for about 40 minutes in a moderate oven. See that it browns evenly. Serve with custard sauce.

CUSTARD SAUCE—

$\frac{3}{4}$ cup of milk.	$1\frac{1}{2}$ tablespoon sugar.
Yolk of 1 egg.	Salt.
Few drops of vanilla.	

Beat yolk of egg slightly, add sugar, salt; mix well; then gradually add hot milk. Cook over hot water, stirring constantly, until it thickens. Strain and, when cold, add flavouring.

JELLIED APPLES—

Wash, quarter, core and pare sour Canadian-grown apples. Cut in eighths. Cook until clear in syrup as for Apple Compote. Place on platter to drain. Make lemon jelly, using syrup in which apples were cooked and the following proportions:—

2 tablespoons granulated gelatine.	1 cup sugar.
$\frac{1}{2}$ cup cold water.	Lemon rind.
2 cups boiling water.	$\frac{1}{2}$ cup lemon juice.

Moisten mould (or individual moulds if desired), pour a little jelly and let stand until nearly set; arrange apples and when set pour in jelly to nearly fill mould, chill, unmould and serve with cream and sugar.

APPLE (OR CHERRY) PUDDING—

2 eggs.	3 teaspoons baking powder.
1 cup sweet milk.	Flour for a stiff batter.
Canadian-grown apples in eighths or pitted cherries.	

Mix together all the ingredients for a stiff batter, stirring the milk into the flour; then stir in as many apples or cherries as the batter will hold. Steam 2 hours or more in a greased mould. Fill the mould not more than half full and cover closely. Serve with hard sauce. The pudding must steam without intermission or it will be heavy.

OLD FASHION APPLE PUDDING—

4 large tart Canadian-grown apples.	4 ounces stale bread crumbs.
1 teaspoon ground cinnamon.	$\frac{1}{2}$ nutmeg grated.
1 teaspoon salt.	4 eggs.

Pare and chop fine Canadian-grown apples; mix with the crumbs; beat yolks of eggs light and add to crumbs; then add salt, cinnamon, nutmeg and yolks of eggs; then stir in carefully the white of eggs beaten stiff. Mix thoroughly; steam in a well-greased mould 3 hours. Serve with custard or lemon sauce.

LEMON SAUCE—

4 tablespoons sugar.	1 tablespoon butter.
2 tablespoons flour.	2 drops lemon flavouring or grated
Pinch salt.	lemon rind and lemon juice.
1 cup boiling water.	

Mix sugar, flour and salt well together; add gradually the boiling water and cook, stirring constantly, until there is no taste of raw starch. Remove from fire, add butter and flavouring.

APPLE CARAMEL—

Core and pare (about $\frac{1}{3}$ of the way down) 6 apples; dissolve 2 to 4 tablespoons of sugar in 1 cup of boiling water and pour around the apples; cook *slowly* until *tender*, basting frequently and turning very often so that they may be cooked evenly and keep their shape. Remove apples to dish for serving; boil syrup down until quite thick and pour around apples. Melt $\frac{1}{2}$ cup of sugar and $\frac{1}{4}$ cup blanched almonds to caramel; pour over apples. Serve hot or cold with or without plain or whipped cream.

APPLES WITH JUNKET—

Cook, or steam, Canadian-grown apples in syrup until tender. Set in individual dishes and sprinkle with chopped almonds. Make junkets, using following recipe:—

2 cups milk.	$\frac{1}{2}$ junket tablet dissolved in $\frac{1}{2}$ table-
1 tablespoon sugar.	spoon cold water.

Heat milk until luke-warm; add sugar and stir until dissolved. Add dissolved junket, stir for a moment and pour into the dish around the apples which have been cooled. The milk will jelly when cold; garnish with candied cherries and whipped cream.

APPLE CHARLOTTE—

Pare and cut in quarters Canadian-grown apples. Cook in a small amount of water, boiling slowly until tender. Add sugar to taste and $\frac{1}{2}$ teaspoon of butter; cook until dry. Cut bread $\frac{1}{2}$ inch thick and 1 inch wide and the depth of dish to be used, removing crusts. Dip in melted butter. Line baking dish with bread pieces overlapping. Use the crusts in bottom. Fill in with apples cover with buttered crumbs, bake $\frac{1}{2}$ in a hot oven. Turn out and serve with cream and sugar.

APPLE FLOATING ISLAND—

Boil together 2 cups of water and $\frac{3}{4}$ cup of sugar for 10 minutes. In the meantime, wash, pare, and core 6 large firm apples. Place them in the syrup, cover tightly and cook gently until the apples are tender. Then carefully remove the apples and place them in a shallow baking-dish. Let the syrup boil until reduced and thickened. Then pour it over the apples and allow to cool. Meanwhile, make a meringue by beating 2 egg-whites stiff and adding to them 3 tablespoons of granulated sugar. Pile the meringue on top of the apples and bake for 15 minutes or

Try a Baked Apple for Breakfast

until a delicate brown in colour. With the egg-yolks make a custard sauce; beat the yolks slightly, add 2 tablespoons sugar mixed with a pinch of salt; mix well and add gradually 1 cup milk. Cook, stirring constantly, until the mixture coats a spoon. Remove from the fire and cool. Just before serving, pour the custard around the apples or serve in a glass pitcher.

APPLE WHIP OR APPLE SNOW—

Pare, quarter and core 4 sour Canadian-grown apples, steam until tender and rub through a sieve; there should be $\frac{3}{4}$ cup of pulp. Beat the whites of 3 eggs stiff, add gradually apple pulp which has been sweetened to taste and continue beating; when all is added and thoroughly mixed, pile lightly on a dish and chill. Serve with cream or custard sauce.

APPLE A LA MANHATTAN—

Pare and core 8 medium sized Canadian-grown apples; prepare 8 pieces of sponge cake 1 inch in thickness and of the same size as the apple; sprinkle with sugar and set them in oven until the sugar melts. Make a syrup by boiling 1 cup of sugar and 1 cup of boiling water 3 minutes, cook the apples very slowly in syrup until tender, being careful not to break them. When tender, drain and put an apple on each piece of cake. Add $\frac{1}{2}$ glass of jelly to the syrup, cook until it is quite thick, then pour over the apples and cake. Garnish with whipped cream or cherries and nuts.

APPLE SPONGE—

2 tablespoons granulated gelatine.	1 cup boiling water.
$\frac{1}{4}$ cup cold water.	1 pound Canadian-grown apples.
2 lemons, juice and grated rind.	3 eggs.
2 cups sugar.	

Boil sugar and boiling water 3 minutes; peel, core, and slice Canadian-grown apples; cook in syrup until tender; cover gelatine with cold water and soak until soft. When apples are finished stir the gelatine into them until dissolved. Remove from fire and press through a sieve; stir in the grated rind and lemon juice. Set away until cold and beginning to stiffen, beat egg white stiff, stir apples, then stir in the beaten whites and continue to beat until thick. Pour into moistened mould and when set turn out and serve with custard sauce.

APPLES EN CASSEROLE—

Pare, core and slice two quarts of Canadian-grown apples; put in an earthen dish, alternately, with one and one-half cups of sugar; add $\frac{1}{4}$ cup of cold water, cover the dish and bake in a moderate oven, until tender. Serve either hot or cold with cream.

APPLES A LA PARISIENNE—

Pare several sour Canadian-grown apples; cut them in half crosswise and remove the cores. Cook them until tender in a syrup made of 1 cup of sugar and 1 cup of boiling water, being careful to retain the shape; drain the apples and set each half apple on a round of stale sponge cake, sprinkled lightly with orange juice and either orange or peach marmalade. Cover the apple with a meringue and some chopped almonds. Brown in the oven to a delicate brown. Serve either hot or cold.

APPLE SHERBET—

Boil one quart of Canadian-grown apples in a pint of water until soft. Rub through a sieve; add the juice of one orange and one lemon, 1 cup sugar and 4 cups water. Beat well and freeze. When it becomes like a slush, add the well-beaten white of one egg and finish freezing.

When Ordering Food Supplies, Write Apples First

APPLE DELIGHT—

Make a plain cake or a sponge cake in a deep tin; scoop out the centre leaving like a bowl about $1\frac{1}{2}$ inches thick; beat stiff the whites of 2 eggs; add gradually (about 1 tablespoon at a time and beating constantly) $1\frac{1}{2}$ to 2 cups of cold, thick, unsweetened apple sauce as in Apple Snow. Put apple snow in cake bowl, garnish with cherries or nuts and serve at once.

APPLE MERINGUE—

2 cups apple sauce (no sugar).	1 teaspoon butter (melted).
2 tablespoons sugar.	$\frac{1}{2}$ teaspoon cinnamon or nutmeg.

Separate the yolks from the white of the eggs. Beat the yolks of eggs slightly, add sugar, cinnamon and little salt; then add one tablespoon of thick cream; blend thoroughly and add the apple sauce. Butter a deep pie tin, turn in the apple mixture and bake like a custard, making a meringue for the top with the whites of 2 eggs and $1\frac{1}{2}$ tablespoons sugar; brown in a very moderate oven. Serve hot or cold.

APPLE TAPIOCA OR SAGO—

Soak $\frac{3}{4}$ cup of tapioca for 1 hour in water to cover; drain, add $2\frac{1}{2}$ cups boiling water, $\frac{1}{2}$ teaspoon salt, cook in double boiler, stirring frequently until transparent. Core and pare Canadian-grown apples; stick 4 whole cloves in each apple. Arrange in a buttered baking dish. Fill cavities with sugar and pour the cooked tapioca or sago over the apples. Bake in a moderate oven until the apples are soft. Serve with sugar and cream.

APPLE TAPIOCA—II—

1 cup tapioca and 1 cup cold water; let soak until soft; cook slowly until clear, adding more hot water, if necessary. Peel, core and quarter Canadian-grown apples; put in buttered baking dish and pour over the cooked tapioca which has been seasoned with sugar, butter and nutmeg. Bake until the apples are tender.

APPLE SPONGE PUDDING—

Slice 6 Canadian-grown apples into a buttered pudding dish, pour over them the following batter.

1 tablespoon butter.	2 cups flour.
$\frac{1}{2}$ cup sugar.	3 teaspoons baking powder.
2 eggs.	$\frac{1}{8}$ teaspoon salt.
$\frac{2}{3}$ cup sweet milk.	Spice or flavouring.

Bake in a moderate oven and serve with cream or Lemon Sauce.

STEAMED APPLE PUDDING—

4 to 6 sour Canadian-grown apples.	2 teaspoons baking powder.
1 cup flour.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{3}$ cup sugar.	2 tablespoons butter.
	$\frac{1}{2}$ cup milk.

Wipe, quarter, core, pare and slice Canadian-grown apples; place in a buttered baking dish; sprinkle with sugar and steam until nearly tender. Mix remaining ingredients as Tea Biscuit. Pour over apples, cover and steam 25 to 35 minutes longer. Turn on a hot plate; the apples should be on top. Serve with sugar and cream or Lemon Sauce.

The Right Way! More Apples

SCALLOPED APPLES—

3 Canadian-grown apples (chopped).	2 tablespoons lemon juice.
$\frac{1}{2}$ cup sugar.	Grated lemon rind.
$\frac{1}{4}$ teaspoon cinnamon.	2 cups buttered crumbs.
$\frac{1}{4}$ teaspoon nutmeg.	$\frac{1}{4}$ cup water.

Melt the butter and add the crumbs; mix the sugar, spice and lemon rind, put $\frac{1}{4}$ of the crumbs in the bottom of a buttered baking dish; then $\frac{1}{2}$ of the apples; sprinkle with $\frac{1}{2}$ of the sugar and spice. Repeat, sprinkle the lemon juice over this and put remaining crumbs on top. Bake 35 to 45 minutes. Cover during the first part of baking.

APPLE DUMPLINGS—

1 cup flour.	2 teaspoons baking powder.
$\frac{1}{4}$ teaspoon salt.	2 tablespoons shortening.
$\frac{1}{3}$ cup water or milk.	4 apples.
$\frac{1}{2}$ cup sugar.	

Mix and sift the flour, baking powder and salt. Cut or rub in the shortening, add the liquid, mixing to a soft dough. Roll on a well-floured board to $\frac{1}{4}$ of an inch thickness. Wipe, pare and core Canadian-grown apples. Cut dough in squares, place apple in centre of square and fill the centre with sugar and cinnamon. Moisten edge of dough. Draw dough up around apple to cover. Pierce with fork to allow steam to escape. Steam or bake until apple is tender. Serve with sugar and cream or lemon sauce.

APPLE ROLY-POLY PUDDING

Pare, core and slice, sour, Canadian-grown apples, roll a rich baking powder dough $\frac{1}{2}$ inch thick. Lay the sliced apples on the dough and roll as for jelly roll; tuck in the ends and prick deeply with a fork. Place on a plate dredged with flour; cover with a cloth and steam 45 minutes. Serve with sugar and cream or a sauce

COTTAGE APPLE PUDDING—

$\frac{1}{4}$ cup butter.	1 cup sugar.
1 egg.	$\frac{1}{2}$ cup milk.
$1\frac{3}{4}$ cup flour.	3 teaspoons baking powder.
$\frac{1}{4}$ teaspoon salt.	Sliced Canadian-grown apples.

Mix as plain cake; butter pudding dish, place sliced apples in the bottom of the dish, pour the batter over them and bake in a moderate oven 35 minutes. Serve with lemon sauce.

DUTCH APPLE CAKE—

2 cups flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.	$\frac{1}{4}$ cup butter.
1 egg.	$\frac{2}{3}$ cup milk.
2 sour Canadian-grown apples.	2 tablespoons sugar.
$\frac{1}{4}$ teaspoon cinnamon.	

Mix and sift the dry ingredients, *except the sugar and cinnamon*; cut or rub in the butter, add the milk and beaten egg gradually. Spread $\frac{1}{2}$ inch thick on a shallow buttered pan. Pare and cut the apples in sections lengthwise and set in rows on the dough with the sharp edge pressed lightly into the dough; sprinkle the top with sugar and cinnamon, bake in a hot oven 25 to 30 minutes. Serve hot with lemon or hard sauce.

Try an Apple Pie as Mother Used to Make I

HARD SAUCE—

$\frac{1}{8}$ cup butter.	1 cup sugar.
$\frac{1}{8}$ teaspoon lemon juice.	$\frac{2}{8}$ teaspoon vanilla.

Cream the butter, add the sugar gradually and beat thoroughly; add the flavouring and chill. Serve cold.

FRITTER BATTER—

2 eggs.	1 cup flour.
A speck of salt.	2 tablespoons melted butter.
$\frac{1}{2}$ cup cold water.	1 teaspoon sugar.

Stir salt in egg yolk, add butter slowly, then sugar, and when well mixed stir in the flour slowly. Then add the water a little at a time. Beat well, set aside in a place for 2 hours, then fold in the beaten whites of eggs. The batter must be thick. If not soft enough add white of another egg.

APPLE FRITTERS—

Pare, core and quarter Canadian-grown apples; roll in powdered sugar and dip in fritter batter. Before sugar has time to dissolve, fry in deep fat like doughnuts. Roll in powdered sugar just before serving. Serve hot.

APPLE SAUCE CAKE—

1 cup white sugar.	1 $\frac{1}{2}$ cups apple sauce made from
$\frac{1}{2}$ cup butter.	Canadian-grown apples.
Pinch of salt.	

Beat sugar, salt and butter well together, then add apple sauce; mix 2 cups flour, $\frac{1}{2}$ teaspoon cloves, nutmeg and cinnamon, 2 teaspoons baking soda, 2 cups seeded raisins and add to the apple sauce mixture. Mix well and bake in a moderate oven about 40 minutes.

DRIED APPLE FRUIT CAKE—

1 cup butter.	$\frac{3}{4}$ cup dried sour Canadian-grown
3 cups molasses.	apples.
1 cup stoned raisins.	1 teaspoon baking powder.
1 tablespoon ground cinnamon.	1 tablespoon mace.
1 tablespoon lard.	1 cup sugar.
1 $\frac{1}{4}$ pounds flour.	3 teaspoons baking soda.
Juice of 1 lemon.	1 egg.
1 teaspoon ground cloves.	Pinch of salt.

Soak the apples in water overnight. Next morning drain, and chop. Put in a saucepan with the molasses and spices. When they start to boil, put them a little aside where they will stew gently for 20 minutes, stirring occasionally to prevent scorching; set aside to cool; cream the butter and sugar; when the molasses and apple mixture is cold, stir in the butter, sugar, egg, flour and baking powder. Beat hard for 3 or 4 minutes, dissolve the soda in a few drops of boiling water; flour the raisins; then add soda to the apple mixture; mix thoroughly and stir in the raisins lightly and quickly. The batter should be thick enough to drop, not pour, from the spoon. Put into large loaf pans lined with well-greased thin paper. Fill $\frac{3}{4}$ full and bake in a moderately quick oven. After 15 minutes, when the cake should be set, turn off all excessive heat, put a brown paper over the top and bake slowly about 45 minutes. If the oven is too hot, the cake will crack and be heavy. Test with knitting needle and when it comes out perfectly dry the cake is finished. This is an excellent cake and economical.

Apples Hermetically Sealed from Pathogenic Germs

SAUSAGES AND FRIED APPLES—

Prick the sausages well with a fork. Place in deep frying pan; pour in enough boiling water to cover bottom; cover and cook over a moderate fire. When the water evaporates remove, cover and turn several times that they may be nicely browned. Turn onto a platter. Core a number of large tart Canadian-grown apples. Cut them in rings an inch thick and fry in the sausage fat. Garnish with apples and serve.

APPLE PIES

General Rules

Pastry is mostly flour and fat. It is hard to digest even at its best and when served should be light, flaky and tender.

The lightness of pastry depends upon the air enclosed in it; its flakiness upon the kind and amount of shortening and the method of mixing.

The essentials of good pastry are:—

(1) Good shortening—Lard, butter or a combination of butter and beef dripping is suitable.

(2) Ice water. It is important that the ingredients be mixed cold.

(3) Pastry flour, which has more starch, makes a drier and more tender crust than bread flour.

(4) Salt, to flavour.

(5) Baking powder to make the pastry lighter.

Proportion of ingredients. Use $\frac{1}{4}$ to $\frac{1}{3}$ as much shortening as flour and enough ice water to make a stiff dough.

PLAIN PASTRY—

$1\frac{1}{2}$ cups pastry flour.

$\frac{1}{3}$ to $\frac{1}{2}$ cup shortening.

Ice water to make a stiff dough.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ teaspoon baking powder.

Mix and sift the dry ingredients; rub in half the shortening. Add the ice water and roll out the dough on a floured board. Put the remaining butter on $\frac{2}{3}$ of top in small pieces. Fold pastry, pat and roll out, repeat several times.

APPLE PIE—I—

Line a pie plate with paste; fill with thin slices of Canadian-grown apple, sprinkle with $\frac{1}{2}$ cup sugar which has been mixed with 1 teaspoon flour and a pinch of salt. Cover with upper crust and bake in a moderate oven until the apples are tender.

Cinnamon or nutmeg may be sprinkled over apples when the apples have lost flavour late in the season.

APPLE PIE—II

Line a deep pie plate with paste. Pare, core and chop 1 quart of tart Canadian-grown apples; mix with them 1 cup of granulated sugar mixed with 1 tablespoon flour and a pinch of salt. Squeeze the juice of $\frac{1}{2}$ lemon evenly through the apple mixture and fill the pie plate; dot with small pieces of butter. Lay $\frac{1}{2}$ -inch strips of pastry across the top, crossing them in diamond shape. Bake in moderate oven until the apples are tender.

You Cannot Afford to be Without Apples

APPLE PIE—III—

4 or 5 sour Canadian-grown apples.
1 teaspoon nutmeg or cinnamon.
1 teaspoon butter.

$\frac{1}{2}$ cup sugar.
 $\frac{2}{3}$ teaspoon salt.
1 teaspoon lemon juice and a few gratings of lemon rind.

Place in a small earthen baking dish and add hot water to prevent apples from burning. Cover closely and bake 3 hours in a slow oven when apples will be a dark red colour. Brown sugar may be used instead of white sugar, a little more being required. Cool and bake between two crusts.

RUSSIAN APPLE PIE—

Bake 8 large tart Canadian-grown apples; rub through a sieve, chill. Add $\frac{3}{4}$ cup sugar and the whites of 5 eggs beaten stiff with a few grains of salt. Beat the mixture until very light and white, and bake in a buttered pudding dish about 20 minutes. Serve hot with cream and sugar.

MOTHER'S APPLE PIE—

Fill the space between the crusts with Canadian-grown apples, sliced thin, rounding up the slices so as to make a very full pie. Add 2 or 3 tablespoons of water and bake in a slow oven. When cooked, with a sharp knife cut around the pie between the 2 crusts and carefully lift off the upper crust; add $\frac{1}{2}$ cup sugar, a few grains of salt, a tablespoon of butter and a little nutmeg. Mix thoroughly and spread evenly over the apples. Replace the upper crust, pressing it down to meet the apples, if necessary, and sift powdered sugar over the top. Serve, when slightly cooled, with cream and sugar.

ENGLISH APPLE PIE—

Butter a shallow agate dish, deeper than a pie plate; fill the dish with sliced Canadian-grown apples. Sprinkle with a cup of sugar, $\frac{1}{2}$ teaspoon salt, a little nutmeg or cinnamon; add 2 tablespoons butter in bits and 3 tablespoons of cold water. Cover with pastry and bake 40 minutes. Serve with cream.

FAIRY APPLE PIE—

Core, quarter and steam 4 large tart Canadian-grown apples; rub through sieve, sweeten to taste and chill. Beat the whites of 3 eggs stiff, add the apples and flavour to taste; beat again. Turn into a half-baked pastry shell and finish baking. Serve hot, with plain or whipped cream and sugar.

DATE AND APPLE PIE—

Line a plate with a rather rich crust; fill it with a mixture of chopped dates and Canadian-grown apples. Sprinkle over $\frac{1}{3}$ cup of sugar, and 1 teaspoon cinnamon, add 2 tablespoons water. Cover with a top crust and bake in a moderate oven about $\frac{1}{2}$ hour.

DRIED APPLE PIE—

Wash the dried Canadian-grown apples thoroughly; soak over night in cold water; stew until tender. Rub through a sieve, add sugar, a little lemon rind and about 1 teaspoon butter. Fill and bake as any other pie. Serve warm with sweetened cream.

APPLE CUSTARD PIE—

Heat a pint of milk steaming hot; add it gradually to 3 eggs, slightly beaten, mixed with 3 tablespoons of sugar, a pinch of salt, a little nutmeg; mix thoroughly. Grate 1 cup of apple, using mellow slightly tart Canadian-grown fruit. Add to the milk mixture and bake in a slow oven without an upper crust. If the pie is baked too quickly the apple will separate from the milk.

POT APPLE PIE—

Pare and quarter 8 nice tart Canadian-grown apples (Greenings are best), slice in strips about $\frac{1}{2}$ pound fat salt pork; and mix a nice light biscuit dough. Then take an iron kettle and lay strips of the pork across the bottom about $\frac{1}{2}$ inch apart; put on that, loosely, some of the quartered apples, then sugar and cinnamon; slice your biscuit dough in strips about the same as the pork and crosswise, leaving about an inch between each strip. Repeat this operation until you have used up your material, having biscuit dough on top. Then pour down the side of the kettle, carefully, a cup of boiling water, cover and slowly cook for $1\frac{1}{2}$ hours, adding boiling water when necessary. This is delicious when served with whipped cream.

APPLE SALADS

BAKED APPLE SALAD—

Bake firm Canadian-grown apples until thoroughly tender. Stuff the centres with nuts and raisins and serve with salad dressing or whipped cream.

WALDORF SALAD—

Mix 1 cup tart Canadian-grown apples with 1 cup of celery and $\frac{1}{2}$ cup of walnuts. Cut the apples and the celery in small dice and combine with mayonnaise or cream dressing. Add walnuts just before serving. Garnish with celery tips. This salad may be served in apple cups.

GREEN PAPPER AND APPLE SALAD—

Combine 1 cup celery, cut in dice, with 1 cup of tart Canadian-grown apples cut in dice and $\frac{1}{2}$ cup of green peppers with boiled or mayonnaise dressing. Garnish and serve in the usual way.

APPLE SALAD—

Cut in dice $\frac{1}{2}$ pound of cold veal or pork and 2 large tart Canadian-grown apples. Add 2 chopped pickles, 1 tablespoon of olive oil, 1 tablespoon of vinegar, salt and pepper and mix with mayonnaise dressing.

APPLE AND BANANA SALAD—

Slice bananas and roll in lemon juice and sugar. Mix with an equal amount of sliced Canadian-grown apples. Serve with boiled dressing or with mayonnaise dressing.

APPLE CHICKEN SALAD—

Take 6 ripe Canadian-grown apples, scoop out the centres. Fill them with cold cooked chicken, minced fine, and season with finely minced green peppers and salt. Add enough cream to moisten. Place apples in a steamer and cook until almost tender. Place them on ice and serve with mayonnaise and lettuce.

APPLE AND CELERY SALAD—

Pare, core and cut in cubes mellow Canadian-grown apples. Mix with $\frac{1}{2}$ or an equal amount of celery cut in small cubes. Add a little salt. Mix with mayonnaise or boiled dressing and serve on lettuce leaves garnished with celery tips.

APPLE, ORANGE AND PEACH SALAD—

Cut into cubes equal parts of Canadian-grown apples, peaches and oranges. Mix with cream or boiled dressing. Serve in apple or orange cups or on lettuce.

Why Not Start the Habit Now ?

APPLE AND DATE SALAD—

Cut in dice pared Canadian-grown apples. Cut dates into similar pieces, using $\frac{1}{4}$ as much date as apple. To each pint of material add 2 tablespoons olive oil and mix well. Let stand in cool place closely covered for a half an hour. Turn into bowl lined with lettuce leaves, add 1 tablespoon lemon juice. Serve with bread and butter at luncheon or supper.

APPLE AND CHEESE SALAD—

Mix chopped pecans with twice their bulk of cream cheese, adding a little thick cream to blend the mixture. Season with pepper and salt and make into tiny balls. Pare mellow tart Canadian-grown apples, core and slice across in centre into rings about $\frac{1}{2}$ inch thick. Arrange rings on lettuce leaves and place several cheese balls in the centre. Serve with cream or salad dressing.

APPLE PEANUT SALAD—

Pare, core and cube slightly acid Canadian-grown apples. Mix them with half as much cubed celery. Mix a dressing of peanut butter, using 5 tablespoons lemon juice to 1 tablespoon peanut butter. Mix dressing through apples and celery and season with salt and cayenne pepper. Chill and serve on lettuce; garnish with peanuts.

RED APPLE SALAD—

Scoop out the centres of bright red Canadian-grown apples so as to make them into cups. Put them into water containing a little lemon juice until ready to fill them. Mix equal parts of the apple pulp with celery, grape fruit and cream dressing. Refill the apple cups. Garnish with Maraschino cherries and serve on lettuce leaves.

BRAZILIAN SALAD—

Remove skins and seeds from white grapes and cut in halves lengthwise. Add an equal quantity of Canadian-grown apples pared, cored and cut in small pieces, shredded fresh pineapple and celery cut in small pieces. Then add $\frac{1}{2}$ quantity of Brazil nuts, broken in pieces. Mix thoroughly and season with lemon juice. Moisten with cream or mayonnaise dressing.

BOILED DRESSING—

$\frac{1}{2}$ teaspoon salt.	1 tablespoon mustard.
Cayenne.	1 tablespoon sugar.
1 tablespoon flour.	1 egg.
1 tablespoon butter.	$\frac{1}{2}$ cup boiling water.
	$\frac{1}{4}$ cup vinegar.

Mix dry ingredients thoroughly. Add butter and egg slightly beaten; then gradually add boiling water. When thoroughly blended, add the vinegar slowly. Cook over boiling water, stirring constantly, until the mixture thickens. Strain and cool. If desired, dressing may be thinned with cream.

CREAM DRESSING—

Yolks 2 eggs.	2 tablespoons vinegar.
1 tablespoon sugar.	2 tablespoons butter.
$\frac{1}{2}$ teaspoon salt.	Cayenne.
1 teaspoon mustard.	1 cup cream whipped until thick.
Pepper.	

Beat eggs, add vinegar slowly, sugar, butter and seasonings. Cook over hot water, stirring constantly, until thick and smooth. Cool. Beat in whipped cream just before serving.

HOME PRESERVATION

CANNED APPLES—

Wash, pare, and quarter, or slice and drop into weak salt water to prevent discoloration. Blanch $1\frac{1}{2}$ minutes. Cold-dip. Pack in sterilized jars, and cover with water or thin syrup, 1 cup sugar, 4 cups water to overflowing. Half-seal. Sterilize 60 minutes.

APPLE SAUCE—

Pare, core, and cook until soft with a small quantity of water. Press through a colander or strainer and measure, $\frac{1}{2}$ cup sugar to 2 cups apple. Put into hot, sterilized jars, half-seal, and sterilize for 12 minutes. Canned apple sauce should be served as cold as possible.

CANNED BAKED APPLES—

In order to have that breakfast delicacy BAKED APPLES, the whole year, they may be canned in the home. The process is easy. Bake the apples as usual, taking care that the apples are kept as whole as possible; pack them in clean, hot sterilized jars, filling the jars with a thin hot syrup; seal as any canned fruit and store in the usual way. Rhode Island Greenings, Baldwins and Spies are good varieties for baking.

TO DRY APPLES—

Select sound Canadian-grown apples that have matured. Pare, core, quarter and slice lengthwise. String and dry near the fire or spread on frames covered with muslin and let dry in the sun. If the winter apples are not keeping well it is a good plan to dry them to prevent waste. Although some have a prejudice against dried apples they can be made very palatable with a little care.

APPLE MARMALADE—

Wash, quarter and cut into small pieces coarse-grained Canadian-grown apples. Add cold water and cook slowly until very soft; rub through a strainer and for each cup of apple pulp add $\frac{3}{4}$ cup sugar. Add grated Lemon rind and lemon juice, allowing $\frac{1}{2}$ lemon to every 6 cups apple pulp. Cook slowly, stirring very frequently until thick. Put up in jars or glasses and cover with paraffin. When cold it should cut like cream cheese or jelly. Preserved ginger cut fine may be added, using 1 tablespoon for every 6 cups pulp.

APPLE AND GINGER CHIPS—

Cut 8 pounds sweet Canadian-grown apples into small pieces. Do not pare them. Add 4 pounds sugar, $\frac{1}{4}$ pound preserved ginger; let stand 24 hours. Add 4 lemons, cut into small pieces, rejecting seeds. Cook slowly for 3 hours. Put into glasses or stone jars; cover with paraffin.

APPLE JAM—I—

Peel and core $\frac{1}{2}$ peck Canadian-grown apples; put through a food chopper together with 2 lemons and $\frac{1}{2}$ cup preserved ginger or ginger root. Weigh and add $\frac{3}{4}$ as much sugar and $\frac{1}{2}$ cup water. Simmer until stick and rich—about 2 hours. Pour into clean hot sterilized glasses.

APPLE JAM—II—

Pare and cut Canadian-grown apples into quarters, core and cut into rather thick slices. To every pound of apples allow $\frac{3}{4}$ pound brown sugar and to every 5 pounds apples allow the juice and grated rind of 4 lemons. Add $\frac{1}{2}$ pound ginger root or preserved ginger. Let stand in a bowl until the following day; boil until the apples are a rich amber colour and perfectly clear.

"RECIPES"

APPLE JELLY—

Wash the Canadian-grown apples, remove the stems and dark spots; cut into fourths *but do not pare or core*. Add just enough water to cover the apples and cook until the fruit is soft and crushes. Drain through a jelly bag. The pulp that remains may be put through a colander with more fruit for flavouring and used for jam. For the jelly, measure the juice and add $\frac{3}{4}$ the amount of sugar. Boil the juice slowly for 20 minutes, remove the scum and add the heated sugar. Boil about 5 minutes, or until it jells. Pour into hot sterilized glasses and seal when cold.

Crabapple jelly is made in a similar way.

APPLE AND RHUBARB JELLY—

Cut Canadian-grown apples into quarters. To every pound of apples add 1 cup rhubarb juice. Let simmer until apples are soft. Strain through a jelly bag without pressure. To each pint of juice add 1 pound sugar. Boil slowly, removing all scum until it will jell. Pour into tumblers and seal with paraffin.

GLACE APPLES—

2 cups sugar.	1 cup boiling water.
$\frac{1}{4}$ teaspoon cream of tartar.	$\frac{1}{4}$ cup vinegar.

Boil water, sugar, cream of tartar and vinegar, without stirring, until the syrup changes colour slightly and is very brittle when tried in cold water. Remove from fire and place over hot water. Wash and polish small whole red Canadian-grown apples; dip whole in syrup seeing that each apple is well coated with syrup; remove from the syrup and place on waxed paper till hard. These are nice for Hallowe'en or children's parties.

CANDIED OR GLAZED APPLES—

2 cups sugar.	1 cup boiling water.
Lemon juice.	

Wipe, pare and core tart Canadian-grown apples; cut in eighths lengthwise. Make a heavy syrup by boiling sugar and boiling water 5 minutes; add lemon juice and apples; cover and cook *slowly* putting in only enough apples to cover the bottom of saucepan. Remove as soon as tender and clear. Roll in granulated sugar each day till pieces will take no more sugar. These are particularly nice with other confections.

APPLE RELISHES

APPLE OR GREEN MINCEMEAT FOR PIE—

$1\frac{1}{2}$ quarts sliced green tomatoes.	2 cups chopped tart Canadian-grown apples.
1 chopped orange.	1 pound raisins.
3 cups medium brown sugar.	
2 tablespoons mixed ground spice.	

Sprinkle tomatoes with salt and let stand over night; then drain and chop fine. Add apples and orange; simmer 2 hours, then add remaining ingredients and simmer 1 hour. As this will keep indefinitely, if canned as usual in sterile jars while boiling hot, a larger quantity can be made at a time.

"RECIPES"

PICKLED APPLES—

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| ½ peck tart Canadian-grown apples | 2 lb. brown sugar. |
| 1 ounce stick cinnamon. | 1 pint cider vinegar. |
| | Whole cloves. |

Boil sugar, vinegar and cinnamon 20 minutes. Wipe, quarter, pare and core Canadian-grown apples; if large cut in eighths; stick 2 or 3 whole cloves in each piece of apple. Put into syrup, cook slowly, until tender, being very careful not to break. Put in only enough apples to cover the bottom of the saucepan. When these are finished remove and continue in the same way until all are cooked. Pour syrup over them. Tolman Sweets are best to use for pickling.

SPICED APPLES—

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| 7 lb. Canadian-grown apples. | Whole cloves. |
| 2⅓ ounce stick cinnamon. | ½ ounce whole allspice. |
| ½ ounce ginger root. | 3 lb. brown sugar. |
| 1 pint cider vinegar. | ½ cup water. |
| Thin shavings of rind from ½ a lemon. | |

Wipe, quarter, pare and core the apples; stick 3 cloves in each quarter. Mix remaining spices, divide into 2 parts and tie in small piece of cheese cloth. Make a syrup by heating sugar, vinegar, water, spices and lemon rind. When it boils add apples and heat to boiling point. Remove from the fire and turn carefully into stone jar. Let stand 24 hours. In the morning drain the syrup from the apples. Heat it gradually to boiling point, then pour over fruit and let stand again 24 hours. Repeat this for 4 consecutive days. The last day cook the syrup down until there is just enough to cover the fruit. Add the fruit, heat again to boiling point, return to jar and cover. To finish in one day cook the apples in the syrup until tender, drain, then cook syrup slowly down to the required amount. Add fruit and finish as above.

APPLE CHUTNEY—

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|--------------------------------|-----------------------------------|
| 12 sour Canadian-grown apples. | 1 mild onion. |
| 3 peppers—1 red | 1 cup seeded and chopped raisins. |
| 1 pint cider vinegar. | 2 cups sugar. |
| ½ cup currant jelly. | 1 tablespoon ground ginger. |
| Juice 4 lemons. | 1 tablespoon salt. |
| ¼ teaspoon cayenne. | |

Chop the apples, onion and peppers very fine, add the vinegar and jelly and let simmer 1 hour, stirring often; add the other ingredients and cook another hour, stirring constantly. Store as canned fruit.

CRABAPPLE RELISH—

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| 6 lb. Canadian-grown crabapples
(cored and chopped). | 1 teaspoon ground cloves. |
| 2 oranges (grated rind and juice). | 1 lb. raisins (seeded and chopped). |
| 6 lb. sugar. | 1 teaspoon cinnamon. |
| | 1 pint cider vinegar. |

Cook crabs and raisins in vinegar until soft; add sugar and spice and cook, stirring frequently, until thick. About 10 minutes before removing from the heat add the orange rind and juice.

"RECIPES"

APPLE CATSUP—

Quarter, core and pare 12 sour Canadian-grown apples. Put in a saucepan, cover with water and let simmer until soft—nearly all of the water should be evaporated. Rub through a sieve and to each quart of pulp add the following:—

1 cup sugar.	1 teaspoon cloves.
1 teaspoon mustard.	2 teaspoons cinnamon.
1 tablespoon salt.	2 cups cider vinegar.
2 grated onions.	

Bring the catsup to a boil and let simmer gently for 1 hour. Bottle, cork and seal.

APPLE RELISH—

7 lb. diced Canadian-grown apples (leave skins on).	3 lb. sugar.
½ lb. pecans or walnuts.	1 lb. raisins (½ seeded, ½ seedless).
	2 oranges (juice and grated rind).

Core and dice the apples, leaving the skins on; add the grated orange rind and juice, sugar and raisins (cut in halves); mix well; cover and let stand over night if possible. Cook *slowly* about 45 minutes, stirring frequently and keeping covered until the skins are absorbed; add nuts (cut in pieces) about 5 minutes before removing from fire—the nuts may be omitted. This is excellent for breakfast, for mince pie, with meat, with muffins, toast, etc., and may be sealed in sterilized jars and kept indefinitely.

SPICED CRABAPPLES—

Select round Siberian or Transcendant crabs with the stems on. Boil 3 pounds brown sugar, 1½ pints of cider vinegar, 2 ounces stick cinnamon, about 20 minutes. Drop a few crabapples into the syrup, turn and cook until tender, remove and place in jars. Continue until the apples are all used. Boil the syrup down and pour over the fruit.

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