

Apple and Salmon Salad



2 tart apples, diced
2 cups flaked salmon
1 cup diced celery
1/2 cup grated raw carrot
Salad dressing (about 1/2 cup)

 \mathbf{Mix} the ingredients lightly. Pile in nests of crisp lettuce. Serves. 6.

Note: Lobster, tuna fish, or cold ham, veal or chicken, may be used in place of salmon.

Glazed Apples



1½ cups granulated sugar 2 cups water 6 apples

Make syrup of sugar and water. Core apples and pare about 1½ inch down from stem end. Place in syrup with pared surface down and simmer for 5 minutes. Invert and cook until tender — about 10 to 15 minutes. When tender place under hot broiler flame and baste frequently with syrup until well glazed. Serves 6.

Apple Up-Side-Down Cake



1/4 cup butter 3/4 cup brown sugar 3 apples

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1/4 cup butter
1/3 cup white sugar
1 egg
1/4 cup molasses
1 cup flour

1 teaspoon baking powder
1/2 teaspoon soda
1/8 teaspoon salt
1 teaspoon ginger
1/2 teaspoon cinnamon
iling water

1/3 cup boiling water

Melt ½ cup butter in baking dish. Add the brown sugar and cook together. Pare and core apples. Cut each apple in half to make two thick rings. Arrange rings of apples in butter and sugar mixture. Cream ¼ cup butter. Add white sugar and cream well together. Add well beaten egg and molasses. Beat thoroughly. Sift dry ingredients and add to mixture. Lastly add boiling water, mixing quickly. Pour over apples in baking dish and bake in moderate oven (325°F.) for 40 minutes. Serves 6.

Apple Ice Cream



2 cups grated apples (4 medium apples) ½ cup fruit or fine granulated sugar ½ pint whipping cream

Grate the unpeeled apples. After grating a small amount of apple measure and sprinkle with part of sugar to prevent discoloration. Continue grating until 2 cups apple is measured. Whip cream and fold into apple mixture. Freeze. Serves 6.

Apple Charlotte

Use recipe for Apple Ice Cream. Fold in with whipped cream $1\frac{1}{2}$ tablespoons gelatin soaked in $\frac{1}{4}$ cup cold water and dissolved over hot water. Chill until firm. Serves 6 to 8.

Apple Cup Salad



Core the apples. Scoop out pulp to make apple cups. Fill a bowl with cold water and as each apple cup is made, put the cup in the water.

Dice enough celery to equal one-half apple pulp. Mix celery and apple pulp with 1 cup cottage or cream cheese. Blend with salad dressing.

Dry apple cups and fill with mixture. Serve on crisp bends of lettuce.

Apple Crisp



6 medium apples
1/4 cup granulated sugar
Cinnamon
1/4 cup butter
1/2 cup flour
3/4 cup brown sugar

Peel the apples and slice into a buttered baking dish. Sprinkle with the granulated sugar and cinnamon. Combine the butter, flour and brown sugar and spread mixture on top of the apples. Bake about 30 minutes in a moderate oven (350°F.) until apples are soft and top is a golden brown. Serves 6.

Apple Dumplings



2 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
3 tablespoons shortening

3/4 cup milk
(approximately)
6 apples
Sugar and cinnamon.

Mix and sift flour, salt and baking powder. Cut in shortening. Add milk to make a soft biscuit dough. Roll to ½ inch thickness. Cut dough in six squares. Place cored and pared apples in centre of each. Fill cavity of each apple with mixture of sugar and cinnamon. Draw dough up around apple. Pierce with fork. Place in buttered baking dish and bake in moderate oven (350°F.) until apples are tender—about 40 minutes. Serve with cream and sugar or a hot sauce. Serves 6,

Apple Coffee Cake



2 tablespoons butter

2 teaspoons baking powder

1 cup sugar

1 teaspoon salt

1 egg

1/4 teaspoon nutmeg

3/4 cup milk 2 cups flour

Cream butter and sugar, add beaten egg.

Sift and add dry ingredients alternately with milk. Pour into buttered cake tin (about $8^{\prime\prime}$ x $8^{\prime\prime}$). Slice apples in thin even sections. Arrange on batter to completely cover batter. Sprinkle with sugar and dot with butter. Bake in a moderate oven $(350^{\circ}\mathrm{F.})$ 35 to 40 minutes, pouring $\frac{1}{2}$ cup cream over apples when cake is half baked,

Apple Tapioca



1/3 cup fine tapioca (or sago) or

3 cups milk

½ cup pearl tapioca

6 small apples

1/4 teaspoon salt

Brown sugar

Cook tapioca with salt and milk in top of double boiler until tapioca is transparent.

Core and pare apples. Stick three or four cloves in each. Arrange apples in buttered baking dish. Fill cavities with sugar and pour cooked tapioca over apples. Bake in a moderate oven until apples are tender. Serves 6.

If using pearl tapioca or sago, soak in some of the milk for several hours before cooking.

Apples with Baked Ham



1 slice of uncooked ham (about 1½ inches thick)

2 apples

1 teaspoon dry mustard

½ cup brown sugar

2 teaspoons vinegar

1 teaspoon butter.

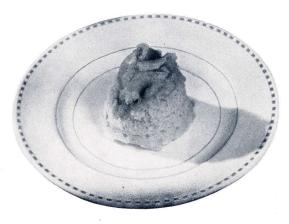
Trim rind from ham. Mix mustard and vinegar together, and spread on ham. Slice apples thinly and spread in layers on ham. Sprinkle with brown sugar and dot with butter. Bake in a moderate oven (350°F.) until ham is tender—about 45 minutes,

Apple Pie with Cheese Crust



Line pie plate with pastry. Cover with layer or thinly sliced apples. Allowing about 2 tablespoons of sugar to each apple, sprinkle sugar, mixed with a little cinnamon or nutmeg over layer of apples. Dot with butter. Repeat until pie plate is well filled. Roll $\frac{1}{2}$ cup grated cheese into pastry for upper crust. Cover apples with the cheese crust. Bake in a hot oven (425°F.) for 15 minutes. Reduce heat to 350°F. and bake for 20 to 30 minutes longer, or until apples are tender.

Steamed Apple Pudding



11/2 cups apples grated 1 cup carrots grated 1 cup raisins, cut 11/4 cups sugar 11/4 cups beef suet, chopped

2 cups flour 1 teaspoon soda 1 teaspoon cinnamon 1/2 teaspoon ground cloves 1/4 teaspoon salt.

Mix all ingredients together, sifting soda and spices with flour. Pour into large buttered mold and steam 3 hours; individual molds require $1\frac{1}{4}$ hours steaming. Serve with a hot pudding sauce.

Canned Apple Recipes



Butterscotch Apples

3 tablespoons flour 3 cups canned apples 3/4 cup water 3/4 cup brown sugar 3 tablespoons butter

Melt butter. Add flour. Stir constantly until frothy. Add water. Stir until smooth and clear. Add sugar. Boil 3 minutes. Add apples. Turn at once into a serving dish. Chill. Serves 6.

Pickled Apples

1 cup brown sugar 6 cups canned apples 6 whole cloves 1 cup cider vinegar

1 teaspoon cinnamon 1/2 cup water.

Make syrup of vinegar, water, sugar and spices. Pour over apples. Let stand 3 days before using.

Apple Casserole

1/2 cup jam (Strawberry or 3 cups canned apples raspberry) 1 cup water 1/2 cup bread crumbs

2 tablespoons butter

Arrange apples in a casserole. Mix jam with water and pour over apples. Sprinkle top with crumbs. Dot with butter. Bake 10 minutes. Serves 6.

Apple Sauce Recipes



Apple Fluff

2 cups canned apple sauce 3 egg whites ½ cup cake crumbs (preferably spice cake)

Add cake crumbs to apple sauce. Fold into stiffly beaten egg whites. Serve in sherbet glasses. Sprinkle a few cake crumbs over dessert. Serves 6.

Apple Cream

2 tablespoons gelatine 1/4 cup cold water 3 egg yolks 1/4 teaspoon salt 1½ cups milk
1½ cups canned apple
sauce
3 egg whites

Soak gelatine in cold water. Make a custard of egg yolks, salt and milk. Cook, stirring constantly, until mixture coats the spoon. Dissolve gelatine in hot mixture. Cool. When mixture begins to thicken, fold in apple sauce and egg whites stiffly beaten. Turn into moulds and chill. Garnish with a little apple sauce. Serves 6.

Apple Sauce Recipes

Apple Sauce Cake

1/2 cup butter or other fat2 teaspoons baking powder1/4 cup sugar1 teaspoon cinnamon1 egg1/2 teaspoon cloves1/2 cups flour1 cup canned apple sauce1/2 teaspoon baking soda

Cream butter. Add sugar, gradually, and cream well together. Add well beaten egg. Beat thoroughly, then add sifted dry ingredients alternately with apple sauce. Dredge raisins with part of flour mixture and fold into batter. Bake in a buttered loaf cake pan in a moderate oven (350°F.) for 1 hour.

Make Good Foods Taste Better

Serve canned apple sauce with baked ham, sausages, roast pork, goose or duck.

Top tapioca, rice and custard puddings, with canned apple sauce.

Spread canned apple sauce on hot buttered toast for breakfast.

Serve apple omelet. Before folding, spread omelet with thin layer of warm canned apple sauce.

Split fresh gingerbread in two layers, cover bottom layer with canned apple sauce, replace top layer. Serve as dessert, garnished with whipped cream.

Apple Juice Recipes

Jellied Apple Cubes

2½ cups apple juice (20 oz. can) 2 tablespoons gelatine 1/4 cup sugar 1 teaspoon cider vinegar 3 red apples

Soak gelatine in ¼ cup cold apple juice. To remaining juice add sugar and vinegar. Bring to boiling point. Add gelatine. Stir until dissolved. Quarter and core apples, but do not peel. Cut in small cubes. Drop into jelly mixture at once to prevent discoloration. Pour into mold. Chill. When set, turn out on lettuce. Serves 6.

Spiced Apple Juice

2½ cups apple juice (20 oz. can) ½ teaspoon cider vinegar 6 cloves 1 stick cinnamon 1 teaspoon sugar

Add other ingredients to apple juice. Bring to boil. Remove from fire and cool. Strain. Chill well before serving.

Apple Butterscotch Sauce

1/4 cup butter

Pinch of salt 2½ cups apple juice (20 oz. can)

3/4 cup brown sugar 3 tablespoons cornstarch

Melt butter. Blend in sugar, cornstarch and salt. Cook until mixture is slightly browned. Add apple juice and cook, stirring constantly, until sauce thickens. Cook 5 minutes. Serve with steamed fruit puddings or hot gingerbread.



