

APPLES

Apple Pie.

Feel and slice tart apples and place in stewpan with just enough water to keep from burning. Simmer till about half tender and unbroken. Sprinkle the bottom of a pastry-lined dish or pan with dots of butter and sugar and then fill with alternating layers of the apples and sugar and butter. On the top sprinkle flour and nutmeg or cinnamon or grated lemon peel. Pour over the whole three-fourths cup of the apple syrup or water and sugar. Place a pastry cover over the top and wash well. The pastry lining should be baked to a light brown before the apples are added.

Apple Custard Pie.

For one large pie use one pint of apple sauce and a tablespoon of butter, the yolks of three eggs, beaten well, with a pinch of salt and half a cup of sugar. Beat this into a pint of hot milk and bake in shallow tin or dish lined with crust. (Pastry must be baked before pouring in the custard.) Flavor with lemon or spice. When done spread over the top a meringue made of the whites of the eggs and a half cup of sugar.

Creamed Apple Pie.

Pare, core and quarter sweet apples. Put them into a pudding dish with a few spoonfuls of water to prevent burning. Cook closely and cook till tender but not broken. Add two tablespoonfuls of sugar to each cupful and let them get cold in the syrup. Then cut into thin slices or tiny dice. Roll out some puff paste quite thin; line a pie plate and sprinkle with flour. Lay another crust and bake until brown. When ready to serve open the crusts, spread the lower one with the stewed apples, cover with whipped cream, put powdered sugar.

Apple Croquettes.

Core, pare and slice tart apples, enough to make one pint. Stew these with a dessertspoonful each of butter, and water. Be careful not to burn. Then mash as for apple sauce. Place in double boiler and cook till reduced and the apple seems dry. Have ready one-third cup of cornstarch, mixed smooth, with a little cold water, and stir into the apple with a pinch of salt added. Let cook fifteen minutes, just before removing add one beaten egg, whipping it as it cooks. Then place all in a flat, wet mold or deep dish to cool.

Apple and Celery.

Cut enough crisp celery into small bits to make a cupful. Lay this in ice water. Peel and cut 4 large apples into small dice, dropping in ice water as you do so. Drain the celery and sprinkle with salt. Drain the apples, mix with celery and pour over all a thick mayonnaise dressing. Serve very cold.

Apple Omelet.

Whip three eggs light, add four tablespoonfuls of milk, and a teaspoonful of flour, if preferred. While beating the eggs break the yolks and add the same time a teaspoonful of butter placed in it will melt. When the latter is sizzling pour in the omelet and let set. When cooked sufficiently to fold over place on half of it a cup of apple sauce or finely chopped apple. Fold over and serve.

Another recipe for the omelet may be made in this way: Stew, then mash, eight large apples. Put through the colander. Add one cup of sugar and one tablespoon butter. Let cool; whip in four eggs beaten separately. Place in baking dish. Put into rather quick oven and bake till brown.

Apple Snowballs.

Prepare squares of cloth as for individual boiled dumplings and line with a layer of hot, boiled rice. Place in the centre, chopped, sliced or cored apples. If the last is used fill the centre with nuts. Tie the cloth well and bake or steam 40 minutes.

Apple Salad.

Green or red uncooked apples may be scooped out and filled with popcorn, nuts, celery, and some other fruit. Mix this combination with the pulp of the apples and bind together with mayonnaise. Garnish with nasturtium, grape or other leaves.

Apple-Nut Salad.

Scoop the insides from fine, smooth, tart apples, and fill them with a mixture of cut-up celery and walnut meats, blanched and chopped; the whole being well moistened with mayonnaise. Slices of pippins are sometimes mixed with watercress and covered with French dressing, making a salad that is especially good with roast duck.

Apple and Prune.

This combination is nutritious and may be made with either dried or fresh apples. If dried, wash, core and soak firmly with water, and wash raisins or prunes, working the latter well with the hands. Let them stand in the last water over night and simmer in it in the morning. The water in which the fruit is soaked should be sufficient to cook it in. Simmer the raisins or prunes very slowly for an hour. Then add the apples and simmer together till cooked. No sugar should be needed. This fact makes the dish cheaper and more healthful.

Apple Pudding.

Chop a cupful of suet to a coarse powder and stir into it three cupfuls of flour twice sifted with a teaspoonful of baking powder. Add enough milk to make a dough that can be rolled out. Roll into a square sheet. In the centre of the sheet lay three cupfuls of peeled and minced apples, strewn with sugar. Bring the four corners of the sheet over the fruit and pinch the corners together in the middle. Tie up firmly with a piece of twine. Lay the tape passed twice around the pudding. Lay in a steamer and cook for two and a half hours. Remove the tape and serve with a hard sauce flavored with lemon juice and powdered cinnamon.



Baked Apples.

1. Baked apples to serve with meat are a delicacy. Wash and core cooking apples, and fill with equal parts of crumbs and mushrooms or potatoes. Season with catsup, chili sauce or herbs. Place apples in baking dish with a bit of butter in each and a little water. Bake till tender.

2. Not half enough use is made of the baked apple as a feature of the diet. This recipe calls for apples with nuts or honey as an adjunct. Peel the apples and core. Place in a deep pan, allowing a heaping tablespoon of sugar and half a cup of water to each apple. In the centre of each apple, place a teaspoon of chopped nuts and strip of lemon or orange peel. Over the whole sprinkle cinnamon and nutmeg. Bake very slowly. The juice will become jelly-like. Serve hot or cold. Or fill the centres with a little honey and a little butter, preparing otherwise the same.

Apple Soup No. 1.

To make three pints of soup, take a pint of apple stewed in a rubber through a colander and sweetened. To it add one and a half tablespoonfuls of sago or tapioca cooked till soft and clear in a pint of boiling water. Simmer together 20 minutes, flavoring with salt and cinnamon. Strain and serve hot or chilled.

Apple Soup No. 2.

To two quarts of water allow seven tart apples, cored, but unpeeled, sliced thin. Cook them with half a cup of rice till soft. Then rub through sieve, add spice, a little sugar and chopped or candied fruit.

Apple Tea.

Roast 2 large sour apples and pour boiling water over them. When cold, pour off the water, strain and sweeten to taste.

Apple Tart.

Mix apple sauce with two tablespoonfuls apricot jam or orange and lemon marmalade. Fill a baking dish with it and finish as for apple custard pie, dotting the top with chopped citron or candied cherries. Or a simple meringue may be substituted.

Fried Apples.

Fry apples in a low fat saucepan, into which you have dropped a lump of butter. Spread over the surface a layer of quartered or finely sliced apples. Sprinkle with sugar and a little flour, and leave to brown, then turning and allowing to brown on the other side. Tart apples and onions (two-thirds apples), may be fried or baked together as indicated for apples alone.

Apple Water.

This is a cooling drink in fevers. Pare and core three large juicy Pippins and slice them into a pitcher or crock with the grated rind of a lemon. On this pour one pint of boiling water, then cover and let stand four hours. Strain and sweeten.

Brown Betty.

Chop fine two cups of tart apples. Butter a baking dish and place on it a layer of apple, sprinkling with cinnamon, sugar and butter. Place on this layer of the crumbs, alternating with the apple till dish is three-fourths full, leaving bread crumbs on top. Add no water, but cover tight and steam three-quarters of an hour in a moderate oven. Then remove the cover and brown quickly. Serve with milk or sweet sauce.

Apple Jonathan.

Work butter into bread dough until it is quite soft. Then with it line the sides of a baking dish. Heap the centre with pared, cored, sliced apples and place a thick layer of the paste on top. Bake well, then lift off the crust and turn it upside down on a second dish. Into the apples stir sugar and butter, with spice if desired, and spread upon the crust. Eat hot.

Bacon and Apples.

This is a favorite southern dish. Slice bacon thin and fry till crisp. Put on platter and keep hot while you fry thick slices of unpeeled sweet apples in the bacon fat. When these are done, drain and put in the centre of a hot platter. Lay the fried bacon about the edge of the dish. Sprinkle sugar over the apples and serve.

Apple Slump.

Pare, core and quarter a dozen tart, juicy apples and place in a saucepan which has a close cover. Pour over them a pint of hot water and set on the back of the stove for eight minutes. Then add two cups of molasses. Make a soft biscuit dough and roll out half an inch thick, so that it will make a cover for the apples. Place this paste-cover on the apples and put the lid on the saucepan tight. Cook on the top of the stove for thirty minutes without removing the cover. Serve this with a sweet sauce. If preferred it can be first set in the oven for a few minutes to brown.

Indian Pudding.

Pare and core a dozen apples. Have ready a quart of milk heated. Add a quart of Indian meal, mixing and cooking carefully a few minutes. Add salt to taste, a cup each of molasses and chopped suet. Pour over this the apples, and cook for two hours. Some people prefer to boil it. Then it should be securely fastened in pudding cloth and boiled for three hours.

Apple and Cress.

Pare and cut into small pieces four French dressing. Pick carefully the leaves from a bunch of cress. Arrange around the outside of the salad dish, heap the apples in the centre of the dish.

Bird's Nest.

Put into a buttered baking dish 6 or 7 pared and cored apples. Mix to a smooth paste with cold milk, 5 tablespoonfuls of flour, and add the yolks of 3 eggs well beaten. Then add 1 teaspoonful of salt and the whites of the eggs well beaten. Then more milk using 1 pint in all. Pour this mixture over the apples and bake 1 hour in a moderate oven. Serve with any good sauce.

Apple Sandwich.

Spread thin bread with apple cheese or chopped uncooked apple mixed with nuts.

TRIED RECIPES FOR APPLE JELLY

Use sour fruit. Do not core or pare. Wash, wipe and cut out blemishes. Cut up and pour sufficient water over them to cover. Simmer till very soft. Then drain through a flannel bag, letting drip over night. To each quart of syrup allow the juice of a lemon or other tart fruit as further flavoring. Cook down the juice, skimming well before adding the sugar (heated), a pound for each pint of juice. Simmer till sugar has dissolved; then boil. The jelly will form in about twenty minutes. Rose geranium, mint or other leaves may be used as flavoring.

Apple and Quince.

Use equal quantity of quinces and apples, adding sugar in proportion to three-fourths pound of sugar to a pint of juice.

Crab Apple Jelly.

Make as for apple jelly, using a little more water. Do not pare or core the apples.

Another recipe for crabapple jelly: Wash and wipe the apples. Cut in half and place in crock on the back of the stove or the oven, setting in another vessel of hot water if there is danger of too great heat. When the apples are soft place in jelly bag to drain over night. Measure this juice and allow one pint of sugar to one of juice. Boil and skim the juice ten minutes before adding the heated sugar. Stir until dissolved, then boil eight or ten minutes. This makes a very tart jelly, stronger than many people like. Mint may be used to flavor this when served with mutton or lamb.

Wild Apple Jelly.

With the early cultivated apples which are now in the market, it is possible to make an excellent jelly by adding wild crabapples and hawthorn apples, say one-third of each as a fruit. Cook slowly and very carefully to have all wild fruit, two-thirds of wild crab to one-third of hawthorn makes an excellent jelly. Rinse the

apples, remove stem and blossom ends and cut in quarters. Cook each kind separately, as each requires a different length of time. Put in a granite or porcelain lined kettle. Add cold water to come nearly to the top of the apples. Cover and cook slowly until the apples are soft. Then mash and drain through a coarse sieve.

Do not squeeze the apples or it will make the jelly muddy. Turn all three juices into a double thickness of cheesecloth bag and let drip. Measure. Let boil steadily twenty minutes. Add an equal quantity of heated sugar. Let boil five minutes; turn into sterilized glasses. As soon as cold cover with paper which has been dipped in white of egg. Then pour on enough boiling hot wax to cover about one-eighth inch thick. Put on a tight lid. In a sunny window for a day or two. Keep in a cool, dry place. Be careful that the kettle used is perfect on the inside.

Marmalade.

Cook crab apples and sweet or wild plums separately till soft. Then rub through colander and measure. To each three quarts of crab apple allow one quart of plum. Mix and weigh and allow one pound of sugar to each of fruit. Cook slowly and very carefully that this may not burn till smooth and thick. Place in marmalade pots. When cold seal as for jelly.

Little John Kyle was all of a smile,
Eating a sweet apple pie.
He took a big bite; it was really a sight!
And said: "What a great boy am I!"

APPLE DUMPLINGS.

Sift an even quart of flour twice with one and half teaspoonfuls of baking powder and half a teaspoonful of salt. Chop into this a tablespoonful of fat and one of butter. Mix into a soft dough with two cupfuls of milk. Roll out into a layer about half an inch thick, cut into squares, each about five inches each way. Lay in the centre of each a large tart apple, pared and cored. Fill the space left by coring with sugar. Fold the corners together, covering the apple. Tie up in cheesecloth squares, dipped in hot water, and well floured on the inside. Have a pot of boiling water ready. Drop the dumplings in and cook fast for an hour. Dip each for a second in cold water to loosen the cloth, turn out on a dish and serve with hard sauce.

Baked Dumplings.

No. 1.—Peel and core cooking apples, filling centres with sugar. Roll out biscuit dough rather thin and cut in squares large enough to cover apples. Place an apple in the centre of each square; bring up the corners of the dough and fasten by pinching and twisting dough together. Place close together in baking pan. When it is full pour over them a syrup made with one pint of water and one pound of sugar, letting this come half way to the top of the dumplings. Bake them in rather a brisk oven and bake about 40 minutes. If you like sprinkle

cinnamon over the tops of the apples when they are cooked. No. 2.—Core and quarter apples. Place in earthen baking dish with a square of dough tucked down around each, but not under them; a little water and sugar added, and bake. Individual baking dishes may be used instead of the big pan, if desired.

Cup Dumplings.

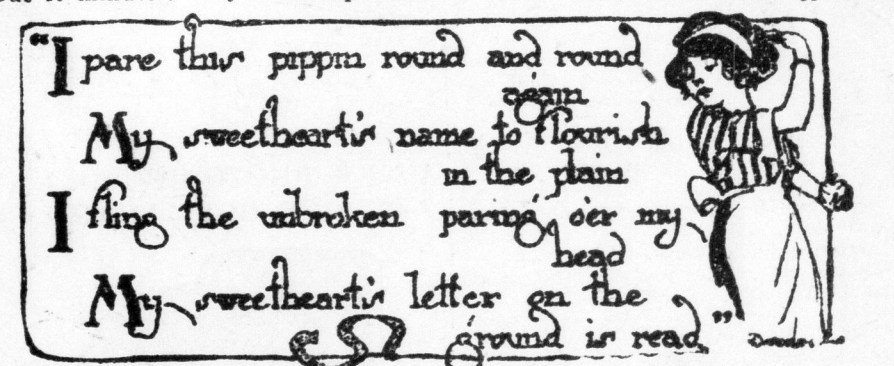
Line baking cups with thin pastry. Fill them up with slices of apple and sugar. Place on each cup a cover of pastry and put all in a large baking pan, pouring boiling water around the cups half way up. Bake in hot oven.

Dumpling Slices.

Make a biscuit dough and roll out thin, covering with a layer of finely sliced apples. Roll it over as for hot poly. Slice, set the pieces on end in a buttered pan, and pour over them a syrup, made of a cup of sugar and half a cup of water, and add piece of butter for each dumpling. Bake half an hour or until the whole is nicely browned.

Batter Pudding.

Peel, core and slice thin six tart apples and place in a baking dish. Cover with a layer of batter made of one cup of sugar, one cup of butter and one cup of sugar. Add two eggs, one cup of milk and two cups of flour, in which must be sifted two to the top of the apples. Place the mixture over the apples. Steam an hour. Serve with cream or sauce.



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that we felt amply repaid for the additional work it gave us.

I think you will find the public playground in that district after this first successful season, will become a permanent institution. Even a previously biased mind would be convinced of its being an unmistakable blessing to a community where the private yards are necessarily small, and the household duties of the mothers arduous and exacting.

Emphasis should be laid on the need of a capable and resourceful director. In play even more than in school work, the personal influence in the close companionship is either beneficial or otherwise. Careful supervision by a person with a strong love for children, and trained in the art of leadership, is necessary for successful playgrounds.

Tasmania is becoming a great apple country. It is estimated that if the bushel boxes of apples and other fruits produced in that country last year were placed in line it would cover a distance of 623 miles.

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A Delightful Picture of London's School Playgrounds

Mrs. Augusta Hutchinson Relates Her Experiences as Assistant Director—Mending Tears, Sewing Buttons and Even Wiping Juvenile Noses Among the Duties.

Mrs. Augusta Hutchinson, who served as assistant director at Chesley Avenue playgrounds during August, recently read the following interesting paper before the Mothers' Club of Princess Avenue School:

I have been asked to speak of my experience on the playgrounds. As I was assistant for only one month—that of August—you will understand my experience is necessarily brief and not very eventful. Having been deeply interested in the playgrounds movement, and the formation of the association in the city, I was greatly pleased when an opportunity arose for me to take part in the actual work on the grounds.

On the left of the school yard, and as close to the trees as possible, were erected the iron bars which supported the swings. There were two groups of swings, six in each group. At either end of the swings were five teeters, and in the centre between stood the "monkey pole" and the "fireman's pole." These names were wholly original with the children, and really quite descriptive. The "monkey pole" was two iron bars about two feet apart, slanting from the top bar which sup-

ported the swings, to the ground. Opposite the slanting bars was a ladder. The children climbed the ladder, hooked their arms and legs over the slanting bars and slid to the ground. Some children became so expert at this exercise that they required only one arm and probably an ankle to support themselves. You can imagine how they hung suspended.

The "fireman's pole" resembled that used by firemen in the fire halls in London. It was a "slide" of the same kind, and the children used it in the same manner.

There were also vaulting bars and swinging rings at the rear end of the yard. The "slide" was a "slide" which the children chose to call the "Maypole," and to the front was the sand box where the babies dug to their hearts' content. Our "grounds" was sadly lacking in shade trees, so we had to utilize the shade cast by the school building as a place for the quieter games, such as bean bags, hoop throwing, or quoits. At 10 a.m. the janitor hung the swings and turned on the water in the drinking fountains, and the ground was open for the day. The mornings were devoted almost entirely to free play. The children coming in the morning were mostly the smaller ones, and seemed wholly content with the apparatus and an occasional story. A number of babies were brought by the older children, and though I understand this is not allowed in the larger

cities and on the larger grounds, we made no objection, but while keeping a watchful eye on the babies we gave the sisters or brothers a warning when they were responsible for them. In the afternoon the children ranged in age from 3 to 14, and the average attendance would probably be a hundred, though we had as many as 225 present at one time.

Sewing on Buttons; Mending Tears. It was my duty to take charge of the girls in the playground. The children in particular. The director devoted his morning to the boys' baseball team, and the afternoon to the all-around games and athletics. A few of the duties I personally assumed were to sew on buttons, mend an occasional tear, wash extra dirty faces, provide pocket handkerchiefs and wipe noses.

The children were encouraged to bring their dolls, and when tired with active fun we chose a shady spot and proceeded to cut out and sew dolls' clothes and play guessing games. While the older boys and girls were engaged in some general game, I would take the smaller children aside, or those who were willing to leave the swings and teeters, and play a game with them. They never tired of the old-time "London bridge is falling down," and it afforded us considerable amusement to notice the articles of choice named by the leaders. The question on one occasion was: "Which will you have, a gold automobile, or a church with the walls lined with diamonds?" Another time it was, "A gold bracelet or an apple pie?" And strange to say several children chose the apple pie. I think their mothers must have been excellent cooks.

Dodging the Ball. The general games taken by the director were suited to the combined efforts of girls and boys. "Dodging the ball" was the favorite, briefly described as follows: The girls gathered in a group, the boys forming a wide circle around them. A large soft ball is thrown at the girls. The one being hit must drop out of the game. The girls dodge the balls as quickly as they can, thus the number is reduced until it requires a keen eye and quick action to get the last from the circle.

It is played again vice-versa, the boys in the centre and the girls outside. The director timing them, and keen competition was the result of the more complicated games, and performed feats of strength, was apparent towards the close of the season.

I would like to tell you of the interest shown by the parents and the words of appreciation. Seldom a day passed that we did not have some parents on the grounds enjoying the sight of the children in hearty, healthy play. Our grounds afford little comfort for anyone not engaged in the games—we had few trees and no seats—but one of the grounds has beautiful trees, and is an ideal spot for both parents and children. I understand many mothers took their there of an afternoon and reaped the benefit with the children.

"Tea Parties" Are Popular. During the month of August we had two tea parties on the grounds, and the attendance was wonderfully increased on those days, the children flocking from all directions. On the closing day we held a splendid celebration. We called it "Mothers' Day" and invited all the parents, requesting them to bring refreshments. The mothers responded heartily, and the supply of food was abundant. The director conducted competitive sports and distributed candy as prizes. So greatly was it enjoyed by all present

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