

Household Suggestions

Apple Sauce and Its Variations

By Marion Herrick

Rare is the housewife who does not consider a dish of apple sauce, well-made and well-seasoned, one of her best table allies. Apple sauce acts as a stimulant to jaded appetites, as a relish, as a dainty. It is pretty to look at when served in a clear glass dish. It fits into many emergency desserts. It is eminently the dish of the child or the invalid as well as the "men folks."

It is easy, however, to get into a rut in making apple sauce. One forgets the many varieties of ways in which this fruit may be made dainty and strike a new note in the family meal. Here are some recipes which will appeal to the housewife tired of making apple sauce "the same old way."

Crystal Apples—Pare and slice very thin eight green apples. Cover with boiling water and let cook until tender, but not soft enough to break. Have

apples, the centers of which have been filled with some pretty-colored jelly or jam. Do not pour the syrup over the apples until it is partly cooled. Flaming apples are especially attractive for "surprise" suppers during the winter. This same process is followed, the apples being cooked in sugar and water until tender but firm enough to keep their shape. Then remove to a dish and fill the centers with raspberry or apricot jam. Pour the syrup which has boiled down thick over the apples.

A "different" way to prepare jellied apples is to cook the pared and cored apples in a syrup made a little acid with lemon juice. When cold, coat with a red jelly, as raspberry, and serve on slices of sponge cake, plain or with orange frosting. Sprinkle chopped almonds over the top. This is only one of many ways the housewife can adapt materials she has at hand in forming delicious apple desserts which will be new and appetizing.



Smoking Room, "Empress of Asia," Pacific Service, C.P.R.

ready a syrup made by melting two cups of crushed sugar over the fire, adding just enough water to keep it from burning and a few bits of lemon peel. Skim out the slices of apples and drop them into the hot syrup. Shake gently over a slow fire until the slices are almost transparent. Served in a pretty glass dish this is most attractive.

Apple Sauce by Slow Process—Take enough Baldwin or green apples to fill a small stoneware jar, like a bean pot. Add three-fourths of a pint of sugar and one-fourth pint water. Cover tightly. Place in the oven of the range after supper and let it remain until morning. The apples will be rich in color and flavor.

A compote is a fresh fruit stewed. It may be molded with rice or other cereals and make a delicious dessert for children. Or, served with cake, it makes a good plain dessert in itself.

Apple compote—Make a syrup by boiling three and one-half cups of sugar and two and one-half cups of water for five minutes after it has actually reached the boiling point. That is what is known as twenty-eight degrees. Each five minutes will thicken the syrup one degree. Have the apples pared, cored and left whole or cut into halves, quarters or slices. While the syrup is boiling drop in a few pieces at a time and let boil until tender. A few slices of lemon and pieces of cinnamon and cloves, boiled in the syrup, improve the flavor. Remove the cooked apples with skimmer and arrange with the pieces of lemon around a glass dish. The syrup may boil down twenty-five minutes in all when it will be thirty-two degrees and strained over the fruit. The same process is used for jellied apples, letting the syrup boil until it jellies and pouring it over the cooked

Stuffed Apples as Garnish for Cold Meats—Pare medium-sized green apples, core and scoop out center with large spoon. Chop fine one large onion, and add the same amount of chopped mushrooms. Smother in butter until all moisture evaporates. Remove from the fire, add the same amount of bread crumbs, one whole egg, fine herbs and season with salt, pepper and a little nutmeg. Fill the apples with this mixture, place a little piece of butter on top of each. Set in buttered pan and bake for about fifteen minutes. These are very excellent to serve with pork chops, sausages and other meats.

Simple Apple Chutney—Cook five pounds of good ripe apples, pared and cored, with two quarts of cider vinegar and two pounds of brown sugar. Let this cook until it is quite soft. Add to the apples two pounds of seeded raisins, one onion, one ounce each of white and black mustard seed ground, two of ginger, one tablespoonful of salt and three shredded red pepper pods. After all these ingredients are added to the apples, let them boil up once. Put into an earthen crock and let stand until the next day. Bottle and seal.

Apple Souffle—Prepare apple sauce and run through a colander. Season to taste with vanilla, butter and sugar. Let this pulp (or puree) cook until quite dry and firm. To one and one-quarter cups of apple, add the whites of four eggs whipped very stiff and sweetened with three tablespoonfuls of powdered sugar. Mix lightly and quickly, turn into baking dish and bake in slow oven twenty to twenty-five minutes. Serve with any desired sauce.

A souffle is a dish made light by the addition of whipped whites of eggs.



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Give Them Variety

For variety's sake, keep all three on hand, and serve them in various ways. In the morning serve with sugar and cream, or mixed in like nuts with your berries. For luncheons or suppers serve in bowls of milk. These dainty, floating morsels form an ideal dairy dish.

When you serve ice cream, scatter over each dish plenty of these nut-like grains. Use them in candy making. For hungry children in the afternoons, douse them with melted butter.

There are a thousand occasions to enjoy Puffed Grains in summer if you always have them ready.

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