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Order from
The Grain Growers' Guide, Winnipeg

Drop by spoonfuls into hot fat and fry until delicately brown. Drain and sprinkle with powdered sugar.

Apple Batter Pudding

Apples 4 tablespoons butter
1 cup corn syrup 1 cup milk
1/2 teaspoon cinnamon 1 cup flour
1/2 teaspoon salt 2 cups rye flour

Pare and chop the apples. Put into pan and sprinkle with sugar and cinnamon. Sift flour, baking powder and salt together and add the milk. Pour batter over the apples and bake or steam until the apples are soft. Serve with lemon sauce. Dried apples, apricots, pears or peaches may be used. Corn syrup, maple sugar or honey may be substituted for sugar in most of the recipes on this page. In using corn syrup, use as much or a little more than the amount of sugar called for in the recipe. If maple sugar syrup is substituted for sugar, use half the amount.

Rice and Apples

2 cups sliced apples 1 teaspoon butter
1/4 teaspoon cinnamon A thin syrup
1 cup cooked rice

Put a layer of rice, then a layer of apples in a pudding pan; sprinkle each layer with cinnamon and bits of butter. Moisten all with a thin syrup. Bake until apples are tender.

Apple and Celery Salad

Mix one part celery with two parts diced apples; moisten with salad dressing and garnish with celery tips.

Apple and Banana Salad

Peel bananas and cut in slices and roll in lemon juice and sugar. Mix with an equal amount of sliced apples; serve with boiled salad dressing.

Apple and Cabbage Salad

Shave cabbage fine and soak for one hour in celery water made by adding one teaspoon celery salt to each quart of water. Drain and dry on a soft towel. Add an equal amount of diced apple and serve with boiled dressing.

Apple Relish

3 lbs. apples 3 lbs. sugar
1 lb. raisins 1 lb. peaches
2 oranges

Dice the apples with the skins on. Remove the peeling from the oranges and grind it in the meat grinder; then cut the oranges into small pieces. Add the other ingredients with the exception of the nuts and cook slowly for one hour adding the nuts five minutes before removing from the stove.

Apple Sauce Cake

1 cup unsweetened apple sauce 4 tablespoons shortening
1 cup brown sugar 1 teaspoon baking powder
1 tablespoon water 1 teaspoon cinnamon
1-8 teaspoon nutmeg 2 cups flour

Cream the shortening and the sugar together; add the apple sauce to which you have added the baking soda dissolved in hot water. Mix well and add the sifted flour, cinnamon and nutmeg. Line two small pans or pie plates with paper, put in the mixture and bake. Put together with apple jelly.

The Country Cook.

Sunrise

The pale lights creep
The hillsides steep,
The stars grow pale in the eastern sky.
The air grows chill,
The wind stays still,
And waits for the sun to rise on high.
The clouds now grow
A warm, red glow,
The light creeps on to reach the west.
The sun peeps out
And looks about,
And sees the birds awake from rest.
The west wind sighs,
The wild duck flies,
The midst rolls off the sunset
The midst rolls off the stream and lake.
The night is o'er,
'Tis day once more,
And earth and heaven are both awake.
—George L. Rotherham, Sask.



DEPARTMENT OF THE NAVAL SERVICE ROYAL NAVAL COLLEGE OF CANADA

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Particulars of entry may be obtained on application to the Department of the Naval Service, Ottawa.

G. J. DESBARATS,

Deputy Minister of the Naval Service.
Ottawa, January 8, 1918.
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