

The World of Women

The Apple is An Article of Food.

The following recipes have been taken from a publication edited by Miss L. Gartrude MacKay, called "The Book of Apple Delights," and now available for everybody in Canada without charge. This booklet will be sent to any address on application to The Department of Trade and Commerce, Ottawa. There is no charge for the booklet, and persons desiring copies need not even stamp the letters containing their applications. A post card is just as good as a letter and will be given prompt attention. At the present time there may be a few days delay in issuing these on account of the enormous number of applications which are being received by the Department, but all requests will be met in regular order, and it is believed that the book will be very generally appreciated.

Apple Compote and Orange Marmalade.

Boil twelve tart apples in one quart of water until tender, strain through a jelly bag, add one pound of granulated sugar and let boil. While boiling add twelve apples, cored and pared. When the apples are tender drain them carefully in a perforated strainer. Boil the syrup until it jells; fill the apples with orange marmalade and pour the syrup over them. Serve with whipped cream.

Crabapple Marmalade.

Wash and core crabapples and put them through the meat chopper. Put into a preserving kettle and add water until it shows through the top layers of apple. Cook until soft. Weigh and add an equal weight of sugar. Cook until the mixture forms a jelly when cooled and pour into sterilized glasses. Cover with paraffin.

Apple Custard.

Beat the yolks of four eggs and add one-half cup of sugar; cook for one or two minutes and remove from the fire. Gradually add one pint of grated apple. Pour into a serving dish and cover with a meringue made of the well-beaten whites of four eggs and three tablespoons of powdered sugar.

Apple Cup Custard.

Pare, core and steam four good-sized tart apples until tender; press through a sieve. While hot add one tablespoonful of butter, four tablespoons of sugar, the yolks of four eggs and one-half pint of milk. Turn into baking cups and bake for twenty minutes. Beat the whites of four eggs until stiff, add four tablespoons of sugar, beat and heap over the top of the cups; dust thickly with powdered sugar and brown in the oven. Serve cold.

Apple Custards.

Steam two large tart apples that have been peeled and cored. Rub them through a sieve and add one cup of milk, two tablespoons of butter, one-quarter of a cup of sugar and the yolks of four eggs. Turn the mixture into baking cups, stand them in hot water and bake about twenty minutes. When they come from the oven, beat the whites of eggs on top of each cup, sprinkle with powdered sugar and place in the oven to brown slightly. Serve cold.

Apple Custard.

Pare, core and bake thoroughly one or two large tart apples, having filled the cavities with one teaspoonful of sugar and granulated sugar. Cool and serve with custard.

Apple Croquettes.

Pare, quarter and core enough tart apples to make a pint; place in a saucepan with one small tablespoonful of butter and, if the apples are not juicy, a few tablespoons of water. Cover and stew gently until tender, then press through a sieve. Return to the fire and add sugar. Add one tablespoonful of cornstarch and one-quarter of a teaspoonful of salt, mixed to a thin paste with cold water; stir until thickened, cover and cook slowly for fifteen minutes. Turn out on a greased dish and set away until cold. Form into tiny croquettes, roll in bread crumbs, dip in lightly beaten egg, then roll again in crumbs and fry in deep fat; drain on paper and serve with a little water and a little water and a little water.

Delmonico Apples.

Put a layer of apple sauce in a buttered pudding dish, sprinkle with ground almonds, dot with butter and sprinkle with crushed macarons, add a little water and bake. Delicious when served with meat.

Apple Delight.

Put a layer of apple sauce in a buttered pudding dish, dot with butter, add a layer of chopped peaches and apricots, sprinkle with blanched almonds ground rather coarsely; repeat until pan is full; pour the mixture over the mixture and bake for one hour. Serve as a relish with meat course.

East India Chutney Apple.

Pare and core twelve sour apples. Peel one medium sized onion. Remove seeds and stems from three peppers, one of which should be red. Chop apples, peppers, onion and one cup of raisins very fine and add the juice of four lemons, one pint of cider vinegar and half a cup of currant jelly; let simmer very gently for one hour; stirring frequently. Add one pint of cider vinegar, two cups of sugar, one tablespoonful each of salt and ground ginger one-fourth of a teaspoonful of cayenne; cook for one hour more, stirring constantly. Store as canned fruit.

Apple Farci.

Choose tart red apples, Northern Spys if possible; wash, wipe and core. Do not pare. With the corer remove apple in three places, equally distant from stem and blossom end, holding 2-WOMANS PAE. G. corer in oblique position and pressing downward toward centre. Fill these cavities with raisins, dates or figs, sugar, cinnamon. Canned or fresh pineapple is delicious filling. Always use raisins, placing them in the cavities first to prevent the other filling from slipping through. After filling place the apples in a pan that has been sprinkled with sugar and cinnamon. Sprinkle each apple with sugar and cinnamon. Place in a hot oven until the sugar melts, then add one-fourth cup of water or fruit juice and bake until tender. Bake frequently with the syrup. Serve either hot or cold with whipped cream sprinkled with cocoa.

Apple Float, I.

A simple dessert may be made as follows: Beat the whites of four eggs

to a stiff froth, add four tablespoons of powdered sugar and beat until dry. Grate two large tart apples into the egg mixture, a little at a time, beating all the time. Have a large dish partly filled with plain cream; drop the apple and egg mixture by the tablespoonful over the surface of the cream and dot with candied cherries.

Apple Float, II.

Peel six big apples and slice them. Put them in a saucepan with just enough water to cover them and cook until tender. Then put them through a colander and add the grated rind and juice of half a lemon, sweeten to taste and stir in a trace of nutmeg. Fold in the stiffly beaten whites of four eggs and put the dish on ice. Serve with whipped cream or plain cream.

Apples Fried with Onions.

Peel onions and slice. Fry in fat until a rich brown drain on soft brown paper. Fry unpared quarters of apple in the fat left from the onions. Arrange apples in a border on a platter, fill center with the fried onions and serve them hot.

Fried Apples, I.

Quarter and core five apples without paring. Put into a frying pan and melt beef drippings in it; when hot lay a layer of apples in it, skin side down, sprinkle with brown sugar, and when nearly done turn and brown; place on a platter and sprinkle with sugar; set in a hot oven and continue frying apples one layer at a time.

Fried Apples, II.

Quarter and core five apples without paring. Put into a frying pan one cup of sugar, one tablespoonful of butter and three tablespoons of water. Let this melt and lay in the apples with the skin up. Cover and fry slowly until brown.

Apple Fritters, I.

Mix and sift one and one-third cups of flour, two teaspoonfuls of baking powder and one-fourth teaspoonful of salt. Add gradually, while stirring constantly, two-thirds of a cup of milk and one egg well beaten. Wipe, core, pare and cut two medium-sized sour apples into eighths, then slice the eighths, then slice the eighths and stir into the batter. Drop by the spoonful into hot deep fat and fry until delicately browned; drain on brown paper and sprinkle with powdered sugar.

Apple Fritters, II.

Pare and core four tart apples and cut in one-fourth inch slices across the apple. Sprinkle with two tablespoons of lemon juice and powdered sugar. Prepare a batter by sifting one cup of flour and one-fourth teaspoonful of salt into a bowl. Add two well-beaten yolks to one-half cup of milk; mix and beat into the flour until smooth. Add one teaspoonful of melted butter or olive oil and cut in the well beaten whites of two eggs. Drain the apples, dip into the batter and fry in deep fat. When cooked drain on brown paper and sprinkle with powdered sugar before serving.

Apple Fritters, III.

One cup of sweet milk, one egg, one teaspoonful of baking powder, one-fourth teaspoonful of salt, one-half cup of chopped apple. Flour to make a batter stiff enough to drop heavily from the spoon. Fry in deep fat.

Apple Fritters, IV.

Core and pare four apples. Cut into slices one-third inch thick, leaving the hole in the center. Sprinkle with fritter batter and fry in deep fat. Drain on brown paper and sprinkle with sugar.

Fritter Batter.

Yolks of two eggs well beaten; add one-half cup of milk, one tablespoonful of olive oil, one saltspoonful of salt and flour enough to make a drop batter. When ready for use add the well-beaten whites of two eggs.

Apple Fritters, English Style.

Beat one egg, add a few grains of salt and one-fourth cup of milk; cut out four rounds of bread from half-inch slices of stale bread. Set the bread into the milk and egg mixture and cook in hot fat. Steep apples, pared and cored, in a few spoonfuls of syrup. Place an apple on each round of bread and grate a little nutmeg over the top. Serve very hot.

Frosted Apples.

Pare and core ten large apples. Cover with one pint of water and three tablespoons of sugar; simmer until tender. Remove from the syrup, wash the parings and let simmer with a little water for one-half an hour. Beat the white of one egg to a stiff froth and add one tablespoonful of sugar. Coat the top of the apples lightly with the meringue and place in a cool oven to dry. Strain the juice from the parings, add two tablespoons of sugar, return to the fire and let boil for five minutes add a few drops of lemon and a little nutmeg, cool and pour around the apples.

Apple Gelatine.

Cover one-half box of gelatine with half a cup of cold water and let stand for half an hour. Pare, core and quarter six tart apples, add the thin, yellow rind of half a lemon, cover with sweet cream or water, boil and press through a sieve; add one cup of sugar and juice of one lemon. Pour over the gelatine, mix, turn into a mould and let harden. Serve with cream or cider sauce.

Apple Ginger.

Wipe, pare, quarter, core and chop two and one-half pounds of sour apples. Put in a stew pan and add one and one-half cups of light brown sugar, the juice and rind of one and one-half lemons, one-half ounce of ginger, and

just enough water to prevent the apples from burning. Cover and cook slowly for four hours, adding water if necessary. Apple ginger may be kept for several weeks. For the Christmas dinner serve around roast goose in apple cups made of bright red apples.

Ginger Apples.

Pare and core some good apples. Greenings or Pippins. Fill the cavity in the center of each apple with a spoonful of chopped preserved ginger. Stand them in your baking dish (not tin) and pour over them a syrup made either of sugar and water flavored with lemon, and with a piece of dried ginger in it, or of sugar and lemon juice. Sprinkle with a little water. Bake until soft and transparent, but not broken, basting occasionally with the syrup. Serve hot or cold, with a little whipped cream garnished with some pieces of ginger.

Garnish for Roast Goose.

Cook rings of apples clear in syrup. Drain, place a stewed prune in the center of each and sprinkle with chopped pistachio nuts. Arrange around the platter and place the goose in the center.

German Apple Cup.

Core fine-grained apples, pare except one ring around the center. Cut celery hearts very fine; mix with mayonnaise dressing, to which a little salt, pepper and half the bulk of whipped cream has been added. Fill the cavities of the apples and round up a little. Set on heart-shaped lettuce leaves. If the apples must stand after being paring rub lightly with a cut lemon to prevent discoloration.

Apple Goodie.

Cut apples in balls with a vegetable scoop and cook until tender in a little syrup, to which a little lemon juice has been added. Toast slices of bread or stale cake; dip in milk, to which a little salt and butter has been added. Place apple balls on slices of bread or cake, with five or six blanched almonds, add bits of any kind of jelly or marmalade. Serve with plain cream.

Glazed Apples with Preserved Ginger.

Core and pare half a dozen apples. Make a syrup with a cup of sugar and a cup of water. Cook the apples in the syrup, cook until tender, turn while cooking, but do not cover, as the steam will cause them to break in pieces. Have circular pieces of stale bread or cake ready; take the apples on to the cake, sprinkle apples and generously with granulated sugar and set in the oven to glaze. Add half a cup of syrup from preserved ginger to the apple syrup and set boil up once. When the apples are a delicate brown pour the syrup on a serving dish, set the apples into the syrup and fill the open space with pieces of preserved ginger. Serve hot with cream.

Glazed Apples with Spiced Prunes.

Choose large apples of uniform size; pare, core and cook until tender in syrup. Remove to a platter. Boil the syrup down to a jelly and pour over the apples. Fill the centers with spiced prunes and dust the top of each apple with powdered sugar and serve hot.

GIRLS! STOP WASHING THE HAIR WITH SOAP

Soap dries your scalp, causing dandruff, then hair falls out.

After washing your hair with soap always apply a little Danderine to the scalp to invigorate the hair and prevent dryness. Better still, use soap as sparingly as possible, and instead have "Danderine Hair Cleanser." Just moisten a cloth with Danderine and draw it carefully through your hair, taking one strand at a time. This will remove dust, dirt and excessive oil. In a few moments you will be amazed, your hair will not only be clean, but it will be wavy, fluffy and abundant, and possess an incomparable softness and lustre.

Besides cleansing and beautifying the hair, an application of Danderine dissolves every particle of dandruff; stimulates the scalp, stopping itching and falling hair. Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating and life-producing properties cause the hair to grow long, strong and beautiful. Men! Ladies! You can surely have lots of charming hair. Get 25 cent bottle of Knowlton's Danderine from any drug store or toilet counter and try it.

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Superintendent of Sunday School in Toronto Tells How He Cured Himself of Chronic Rheumatism After Suffering for Years.

55 Dovercourt Road, October 1st, 1913.

"For a long time, I have thought of writing you regarding what I term a most remarkable cure effected by your remedy 'Fruit-a-tives.' I suffered from rheumatism, especially in my hands. I have spent a lot of money without any good results. I have taken 'Fruit-a-tives' for 18 months now, and am pleased to tell you that I am cured. All the enlargement has not left my hands and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in 18 months."

R. A. WAUGH.

Rheumatism is no longer the dreaded disease it once was. Rheumatism is no longer one of the "incurable diseases." "Fruit-a-tives" has proved its marvelous powers over Rheumatism, Sciatica, Lumbago—in fact, over all such diseases which arise from some derangement of stomach, bowels, kidneys or skin.

"Fruit-a-tives" is sold by all dealers at 50c. a box for \$2.50. trial size, 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

ST. ANDREWS.

St. Andrews, Nov. 7.—The patriotic concert which was given on Wednesday in Andrae Hall, under the auspices of the Redpath Lyceum Committee, was the finest and most complete entertainment ever held in St. Andrews. An immense amount of credit is due to those who had charge and labored so untiringly and splendidly in a noble cause. Mrs. G. H. Stickney, Mrs. F. P. McCall and Mrs. R. A. Stuart, Jr., as convenors of the different committees, worked wonders and merited great praise.

Judge Cochrane, as chairman of the committee, opened the entertainment with a few words of appreciation. The opening flag drill by the small girls of the schools was splendidly carried out and the audience was warm in its applause; this was followed by a rousing opening chorus "Tipperary," in which Mr. R. A. Stuart, Jr., as soloist, won favor. The tableaux under the direction of Mrs. G. H. Stickney were works of art and left nothing to be desired.

Deserving of special mention was the tableau in which Mrs. A. B. O'Neill represented Britannia, Miss Minerva Hibbard as England, Miss Maude Greenlaw, France; Miss Ruth Greenlaw, Belgium; Miss Beria Halliday, Russia, and Mrs. D. G. Hanson, Japan.

Mrs. Kathleen Cockburn recited Kipling's "English Flag," which was very appropriate for the occasion. The Marcelline was well sung by Messrs. Hibbard and George Hixon. Mr. A. P. Dewar of Milltown was given a warm and deserving reception and he sang in his usual sympathetic and splendid manner.

Gillman's orchestra was an able factor and went far towards making the entertainment the success it was. Messrs. B. Flinnigan, H. Grimmer, O. Rigby, R. Greenlaw, L. Worrell in uniform, acted as ushers.

The hall decorations were very artistic and the fine spirit of patriotism which prompted the entire undertaking speaks well for the town that in this small way is trying so nobly to assist the Empire in her time of need. The sum of \$146 was realized.

Mr. Goodwill Douglas was called to Nova Scotia last week by the death of his brother.

Rev. John Hachetly of Nova Scotia has been a recent guest at the Rectory.

The Young People's Club of the Episcopal Church held a most delightful masquerade Halloween party in Paul's Hall on Monday evening. The hall was most attractively decorated with flags and Japanese lanterns and the costumes worn were very clever and designs. In the guessing contest the prizes were won by the Misses Bessie and Minerva Hibbard, Lila Anderson and Clevea. Mrs. A. P. Dewar and Mrs. Elliot made a most delightful host and hostess and a very happy evening was spent, about seventy-five people were present.

Mr. and Mrs. A. P. Dewar of Milltown were the guests of Mrs. Angus Rigby this week.

STENOGRAPHERS.

Eighteen applicants took the recent examinations to qualify as court stenographers and of the eighteen none managed to pass the tests. The standard required is a fairly high one, it being necessary for the applicant to write at a speed of 150 words a minute and transcribe the notes accurately.

Half a dozen of those who tried made such a good showing that the examiners are satisfied that at least this number could qualify with a little additional practice, and an opportunity will be given for them to do so. All those who took the tests have been notified that a second examination will be held in January, and have been advised to keep up their work and try again at that time.

The examination was for the office of stenographer for the Chancery Court, but there are also other vacancies to which successful applicants might be appointed. The examiners were Hon. George J. Clarke, J. B. M. Baxter, K. C. and C. F. Sanford.

Railway Mail Clerks.

Messrs. J. B. Cameron, Wright street, St. John, and Roderick M. Raymond of Kouchibouguac, Kent, have been appointed railway mail clerks.

THE INCREASED C.M.B.A. RATES

What the new arrangement means for the members.

Much interest has been aroused among the members of the C.M.B.A. in the advance in rates made public this week. Some of the members who have been in the ranks for many years have been given a decided increase, in some instances more than double what they have been paying, but only those who have been members before November 1, 1907, are subject to the changes. Those holding certificates dated prior to November 1, 1907, will be subject after January 1, 1915, to the following table, arranged on the basis of a \$1,000 policy.

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