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The Ever Useful Apple

"An apple a day keeps the doctor away." Not always, but there is no doubt that good ripe fresh fruit does help to keep the system in condition and less susceptible to disease. The food value of most fruits is not high. They are useful chiefly for their cleansing properties. Eaten freely they introduce large quantities of water into the system and supply valuable salts and organic acids that improve the quality of the blood and stimulate the action of the kidneys. The laxative value of fruits is due partly to the waste they contain, these irritating substances, such as skins and seeds, aid the peristaltic movement of the intestines. If fruit is to be eaten for dietetic purposes, the effect is more pronounced if the fruit is eaten an hour before breakfast or between meals. The following table shows the food value of apples:—

Refuse per cent.	Water	Protein	Fat
25.0	63.3	3	3
Carbohydrates	Ash	Fuel Value per lb.	Calories
10.8	3		220

Baked Apples

Baked apples are very wholesome, easy to prepare and make an excellent dessert especially if there are young children.

Core the apples, fill the centres with the sugar and cinnamon, add two cups boiling water and bake. If the apples are very tart more sugar will be needed.

More Baked Apples

Core the apples. Put the sugar, water and lemon juice into the baking dish with the apples and bake until tender, but not broken. Remove to a serving dish, fill the centres with jelly or marmalade and pour the syrup over them. Make a meringue with the whites of two eggs and three tablespoons sugar, flavor with lemon or vanilla. Pile the meringue on the tops of the apples and bake in a moderate oven until brown. Garnish with a bit of jelly.

Baked Apples Again

Core and pare large tart apples, fill cavities with butter, spice and sugar and bake in the usual way. Cook parings, cores and one large chopped apple in water to cover. Strain juice, add the juice of one lemon, and sugar in the proportion of two-thirds of a cupful to one of juice. Cook until it jellies and pour over apples. Serve very cold with whipped cream.

Jellied Apples

This is a favorite dessert with us and particularly good when the meat course is heavy.

4 good sized apples. 4 cups boiling water.
2 cups sugar. Juice 1 lemon.
2 tablespoons gelatine.

Make a syrup of the water, sugar and lemon juice. Peel, core and quarter the apples and cook in the syrup until tender, but not broken. Remove from the fire and stir in the gelatine, which has been soaking in cold water. Pour into a mould, and when set turn out and surround with whipped cream. Dot the top with red jelly. The amount of sugar required depends on the tartness of the apples.

Jellied Apples No. 2

1/4 box gelatine. 2 cups granulated sugar.
1 pint water. Preserved or ground
Juice of 1 lemon. ginger.

Soak the gelatine in half a cup of cold water. Peel, core and quarter the apples. Put the sugar, water and ginger in a saucepan; if the ground ginger is used a pinch will be sufficient. When the syrup has boiled a few minutes add the apples and cook slowly; when tender remove to a serving dish; dissolve the gelatine in the syrup; pour a little of the syrup in a fancy mould and when it begins to set arrange the apples in layers, with a few bits of lemon and preserved ginger strewn over them, pour in the rest of the jelly and set away to harden. Serve with whipped cream.

Bread and Butter Apple Pudding

This is an excellent way to use up stale bread. Even if we are getting around the two dollar mark for our wheat, we are paying a correspondingly big price for flour and cannot afford to waste even a crust of bread.

2 cups apple sauce. Stale bread buttered.
Sugar. Vanilla.

Cover the bottom of a well buttered baking dish with apple sauce. Butter slices of stale bread, cut into diamond

shapes and place as close as possible over the apple sauce, buttered side up. Sprinkle with sugar and a few drops of vanilla or a bit of cinnamon. Bake in a moderate oven and serve hot with cream.

Apple Charlotte

This is another way to combine bread and apples.

1 cup bread crumbs. 2 1/4 cups apples.
3 tablespoons melted butter. 6 tablespoons sugar.
Spice or lemon rind.

Mix bread crumbs, sugar and spices and butter together. Butter mould and press the mixture to the sides of it. Fill centre with sliced apples, cover with remaining mixture and bake in a slow oven until the apples are tender. Serve with hard sauce or sugar and cream.

Apple Rice Pudding

4 good sized tart apples. 1 cup rice.

Wash the rice and throw it into boiling water, boil rapidly for fifteen minutes, drain. Spread this on the centre of a good sized square of cheese cloth, making the rice about as large as a dinner plate and about half an inch thick. Heap in the centre of this the apples, pared, cored and quartered, gather up the ends and sides of the cloth so that the rice will thoroughly cover the apples. Tie tightly, put in a good sized kettle of boiling water and boil for one hour. Serve with brown sugar or maple syrup. If this is handled carefully it will come out perfectly round without the grains of rice falling apart.

A Plain Charlotte

1/4 box gelatine. 1 pint stewed apples.
1 pint cream. Lady fingers.

It is not always easy to get lady fingers in our small town stores, so the next time you make cookies, cut a few of them in strips, one end a little wider than the other, and you will find they serve very well in making charlottes of various kinds. Stew the apples, sweeten, flavor and press thru a sieve. Add the gelatine and stir until dissolved. As soon as the mixture begins to congeal, stir in one pint of cream, whipped to a stiff froth. Line the mould with lady-fingers, pour in the mixture and set aside to cool.

Apple Cobbler

Pare and quarter enough tart apples to fill a baking dish two-thirds full. Make a rich baking powder biscuit dough soft enough to stir. Spread it over the apples. Make several cuts in the centre to allow the steam to escape and bake in a slow oven. Serve with sugar and cream.

Baked Apple Dumplings

4 cups flour. 8 level teaspoons bak-
1 cup butter. ing powder.
Apples. 1 1/4 cups milk.
Nutmeg.

Pare and quarter the apples; sift baking powder and flour. Mix in the butter. Add sufficient milk to make a stiff paste. Roll out quarter inch thick, cut in round pieces. Place several pieces of apples in each, form into a ball and bake in the following syrup:—

Syrup for Dumplings

2 cups water. 1 tablespoon butter.

Plain Dumplings

2 cups flour. 1/4 teaspoon salt.
2 teaspoons baking powder. Cold water.

Have some apples partly cooked, sprinkle with sugar and cinnamon. Mix the dumpling into a stiff batter and pour over apples; steam for fifteen or twenty minutes without removing cover of steamer. Serve with hard sauce.

Apple Custard Pie

If our hens are good enough not to go on strike at the first hint of cold weather we may find this recipe useful, otherwise it will have to go into the home-made cook book for a try-out later on.

1 pint milk. Nutmeg or lemon.
3 heaping tablespoons sugar. 3 eggs.
A pinch of salt.

Heat the milk and pour over the three eggs slightly beaten, the sugar, salt and a little nutmeg. Grate one cup of apple, using mellow slightly tart fruit. Add to the milk mixture and bake without an upper crust in a moderately hot oven. If this is baked too quickly the apple will separate from the milk.

The Country Cook.



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