

British Columbia Fruit

DELICIOUS CANADIAN
HOME-GROWN

Two Hundred and Twenty-five Recipes

British Columbia Fruit

Two Hundred and Twenty-five Recipes

Dedicated to the Patriotic Housewives
of Western Canada

In the full confidence that they will give British Columbia Fruit that practical preference which a Grown-in-Canada product of established merit deserves, that they will ask for it persistently, and spare no effort to impress their dealers with the reality of their demand for a Canadian-Grown article.



Issued by the
British Columbia Fruit Growers' Association

Members of this Association are fruit growers from all parts of the Province of British Columbia, and the object of the Association is the advancement of the industry in the Province. Its Directors are representative men from every fruit growing district of the Province.

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WHY B.C. FRUIT?

Why should the people of Western Canada give first preference to British Columbia fruit? Primarily because it is the best fruit they can buy. A long record of prize-winning at exhibitions in competition with the best fruit-growing districts in Canada, the United States and Great Britain has clearly shown that British Columbia fruit ranks among the best in the world. It is true that some kinds of B.C. summer and fall fruit do not reach the market as early as those from some other sources, but the delay is more than made up for by the more perfect flavor due to a cooler and later season. The fact, also, that British Columbia is only 36 to 48 hours from the market permits the shipment of luscious, juicy, properly-ripened fruit, incomparably superior in quality and flavor to much of the fruit from distant foreign producing centres, which must be picked green in order to carry. The B.C. fruit supplied to the prairies is the pick of the orchards. It is graded, packed, and shipped in accordance with Dominion Government standards.

INTER-PROVINCIAL TRADE

Another point worthy of consideration is that when Western Canadians give a preference to British Columbia fruit, they are helping to build up the purchasing power of one of their own most important markets. A considerable proportion of every dollar that is spent on B.C. fruit comes back to pay for prairie agricultural products, while money paid for foreign fruit goes right out of the country. At the present time, British Columbia buys from Western Canada no less than twelve million dollars' worth of farm products a year, while, in return, the Prairie Provinces buy a total of only one million six hundred thousand dollars' worth of fruit and vegetables combined annually.

HOW TO BUY B.C. FRUIT

If You Are a Retailer—You can buy B.C. Fruit:

- (1) From your jobber;
- (2) Or, if the latter is not offering Canada-grown fruit, from British Columbia direct.

If You Are a Farmer—You can buy B.C. Fruit:

- (1) From your grocer;
- (2) Or, from your local farmers' organization;
- (3) Or, if neither your grocer nor your farmers' organization are selling home-grown fruit, from British Columbia direct.

If You Are a City Dweller—You can buy B.C. Fruit:

- (1) From your grocer;
- (2) Or, if the latter is not practising the Canada First principle, from British Columbia direct.

If you have any difficulty in procuring British Columbia fruits in season, write to

R. M. WINSLOW

Sec'y, B.C. Fruit Growers' Association
Victoria, B.C.

or

J. FORSYTH SMITH

B.C. Markets Commissioner
632 10th St., Sunnyside, Calgary, Alta.

BEST TIME TO BUY B.C. FRUITS

Housewives will find it to their advantage to do their preserving during the season when B.C. fruits are procurable. The earlier foreign fruits are often lacking in quality, and always higher priced.

The following indicates the main season for the principal B.C. fruits:

Strawberries	June	1st-July	15th
Raspberries	July	1st-Aug.	10th
Blackberries	July	20th-Aug.	31st
Cherries (Preserving)	July	10th-Aug.	10th
Cherries (Sweet)	July	1st-Aug.	15th
Apricots	July	25th-Aug.	15th
Peaches (Dessert)	July	20th-Oct.	10th
Peaches (Preserving)	Sept.	10th-Oct.	5th
Plums (Dessert)	Aug.	1st-Oct.	10th
Plums (Preserving)	Sept.	10th-Oct.	5th
Crabapples	Aug.	25th-Sept.	30th
Pears, Bartletts	Aug.	5th-Sept.	30th
Early Apples	Aug.	10th-Sept.	30th

Winter Apples should be bought between October 1st and November 15th.

The best time to buy for preserving purposes is:

Strawberries	June	5th-June	25th
Raspberries	July	5th-July	25th
Blackberries	July	25th-Aug.	20th
Cherries	July	10th-Aug.	1st
Apricots	Aug.	1st-Aug.	15th
Peaches (for jam, cake-filling, pulp for flavoring ice cream, etc.)	Aug.	1st-Sept.	5th
Peaches (for canning)	Sept.	10th-Sept.	30th
Plums	Sept.	10th-Oct.	5th
Crabapples	Aug.	20th-Sept.	30th
Pears, Bartletts	Sept.	1st-Sept.	25th

WATCH FOR THE B.C. BRAND ON THE BOX

When you see it, you may expect to get delicious, well-graded, properly packed, Grown-in-Canada fruit. Insist on British Columbia fruit! Manifest a systematic preference for the home-grown product! If you are a consumer and your dealer is not as consistently and practically patriotic as you are, call his attention to his mistake. Do not accept a substitute, and so countenance the sending of money out of Canada for a product which is grown to the best advantage at home. When you buy fruit under the British Columbia brand you are assured of full measure, prime quality, and a square deal from first to last. Canada First! Watch for the B.C. brand on the box!

PRESERVE YOUR FRUITS WITHOUT SUGAR

The high price of sugar, due to the war, has possibly led some economical housewives to consider curtailing the quantities of fruit they will put up this year.

As to the general question of economy, it may be pointed out that while so many essential articles of food have risen in price on account of the war, fruit has been, and will be as cheap as ever. There will be a decided saving, therefore, in using it to

replace, as far as possible, other more expensive foods. It should further be considered that war conditions have greatly increased the cost of English jams, so that it will be economy to replace these as far as possible with home-made jams and preserves.

With regard to the high price of sugar, why use sugar at all? The prevalent idea that fruit cannot be kept without the addition of sugar in the process of canning is quite a mistake. If made into a thick syrup, sugar acts as an antiseptic, keeping perfectly sound fruit from decay even without heat, but, in the quantities ordinarily used in canning, it takes **absolutely no part in the preservation of the fruit from deterioration.** Authorities all agree that fruit put up without sugar retains its delicate and distinctive flavor very much better, and is altogether superior to that put up in the ordinary way. Of course, sugar will eventually have to be used in preparing the fruit for the table, but much less is required to sweeten to taste after cooking. This is so far a well-understood, scientific reason. Our ordinary white granulated is a pure cane sugar, and is the sweetest of all sugars. When cane sugar is heated in the presence of an acid, it gradually changes into other forms of sugar having much less sweetening power. One of these, glucose, has only about 30 per cent. the sweetening power of pure cane sugar.

All fruits contain more or less acid, and so all mixtures of fruit and sugar tend to lose some of their sweetness in the process of cooking. On this account, it is much more economical to add the sugar after the fruit is cooked, while this is, also, the only way in which the full characteristic flavor of the fruit can be retained. Another point worthy of consideration is that before fruit so preserved has to be used, it is quite possible that sugar prices will be normal again. There is nothing to lose, therefore, a gain in the quality of the preserves, and a probability of considerable saving in trying out the sugarless method.

To put up fruits without sugar, simply prepare them in the ordinary way; see that the jars are perfectly clean, thoroughly scalded with boiling water,

filled to the top and left in them a considerable time; boil the rubbers and covers, and see that the rubbers are soft and free from grooves or cracks; place the fruit in the jars, fill with cold water, place them in a boiler filled with cold water, heat to the boiling point. Berries will do if removed when the boiling point is reached. Large fruits, such as peaches, pears, plums, cherries, and the like should get 20 to 30 minutes boiling. A board should be placed in the bottom of the boiler to keep the jars from the direct heat of the stove. Fruit thus prepared will be found excellent for pies, delicious for eating with cream, and, generally, superior to the sugar-syrup preserves. In properly air-tight jars they will also keep quite as long.

CONFECTIONERS, MAKE YOUR OWN FRUIT FLAVORINGS

Confectioners may guard the health and add to the pleasure of their customers, securing better value for less cost, if they extract and preserve their own fruit essences. An enterprising dealer will find considerable advertising value in making a specialty of making and using only the purest Canada-Grown Fruit Flavorings. A sign to this effect hung in a conspicuous place on the premises will bring results. The following simple recipes may be readily followed:

Mash the juicy fruits (strawberries, raspberries, blackberries, cherries, currants) in a basin to a pulp. Place on a fire and make scalding hot. Pour into a hair sieve and allow the juice to strain through. Put into bottles and securely tie down. Place bottles in a caldron of cold water and boil for twenty minutes. Remove from the fire and allow to remain in the caldron until cold. Then set away for use.

With non-juicy fruits (apples, pears, peaches, etc.), put the fruit into a basin. Cover with water and boil to a pulp. Place on hair sieve and allow to drain without pressing. Bottle and proceed as before.

Where the flavorings are to be used for any purpose where transparency or clearness is not essen-

tial, such as for ice-creams, fruit ices, etc., the pulp, as well as the clear fluid, may be utilized.

Prepared thus, perfectly pure extracts of all fruits can always be at hand for flavoring every description of pastry, cakes, pies, tarts, puddings, creams, ices and beverages, and at any season of the year.

GENERAL CANNING AND JAM-MAKING METHODS

Canning

Plan to do your canning at a time when you can secure British Columbia fruits. We give the proper dates on page 7.

Fruit for canning should be fresh, firm, of good quality, and not over-ripe.

Making the Syrup:—Weigh out sugar to equal one-third of the weight of the fruit, and for each pound of sugar add three cups of water; boil sugar and water to make a thin syrup.

Preparing the Fruit:—Large fruits, such as plums, prunes, apricots and peaches should be washed, but berries should not. Halve plums, prunes and apricots to remove the stones.

Pack fruit tightly in sterilized jars. Set the jars in a pan of hot water and fill them quite full with syrup; screw or place covers on loosely. Place jars in warm water, up to the neck, in kettle or boiler stove and bring gradually to the boil. For berries of any kind and cherries, boil 10 to 15 minutes; for large fruits, boil 20 minutes; then remove jars from kettle; add boiling syrup to fill, and screw lids down tightly.

Jam Making

The method given below is very simple and, at the same time, preserves the natural flavor and color of the fruit much better than other commonly used methods.

Use only fruit that is fresh, firm, of good quality, and not over-ripe.

The various fruits are to be prepared as required; strawberries are to be hulled; raspberries, logan-

berries, blackberries and blueberries require no special preparation. Halve apricots, plums, and prunes and remove the stones. Apricot seeds added to apricot jam give an agreeable nutty flavor.

Pick over fruit and mash in preserving kettle. Put on stove and bring gradually to a boil, stirring from time to time. The drier fruits, such as apricots and plums, may require some water to prevent burning. Boil from 15 to 20 minutes, stirring and skimming frequently.

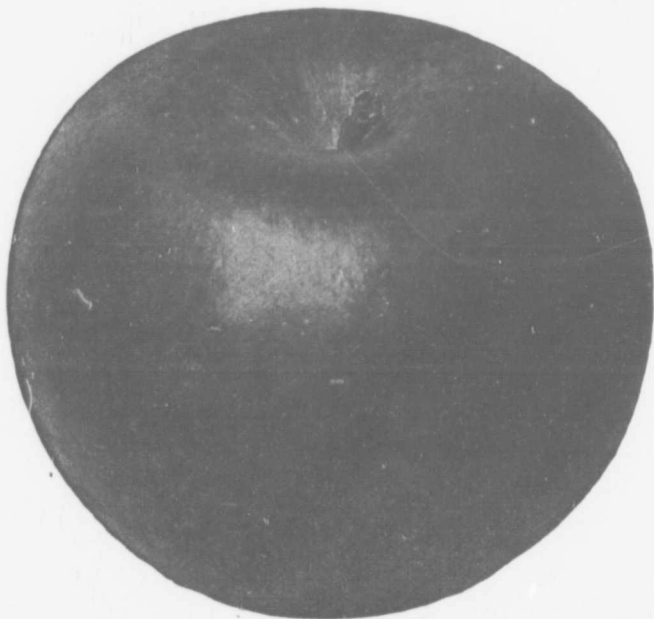
Heat an equal quantity of sugar and add gradually to boiling fruit. Boil 10 to 15 minutes or until clear, stirring constantly. Seal in sterilized jars.

THE BRITISH COLUMBIA POTATO

The high quality of British Columbia Potatoes has long been recognized. The winning of the Stillwell Trophy at the American Land and Irrigation Exposition at New York in 1911, where sixty-six other competitors from all parts of the United States and Canada exhibited, has furnished striking confirmation of the superiority of our product. New potatoes may be secured in quantity from British Columbia by July 10th. The main crop potato is an excellent keeper, is well graded, and is second to none in quality. Ask for B.C. potatoes, and buy them by the sack.

AN APPLE A DAY KEEPS THE DOCTOR AWAY

SOME WELL-KNOWN B.C.
VARIETIES



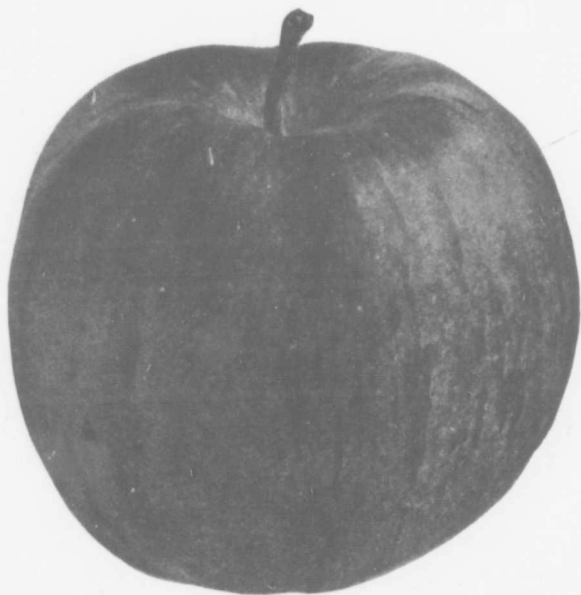
WEALTHY

Fruit—Medium size; skin smooth, rich red cheek with stripes and splashes.

Flesh—White; texture, fine grain, tender, juicy, sprightly, pleasant, sub-acid.

Quality—Dessert, good; cooking, good.

Season—September and October.



NORTHERN SPY

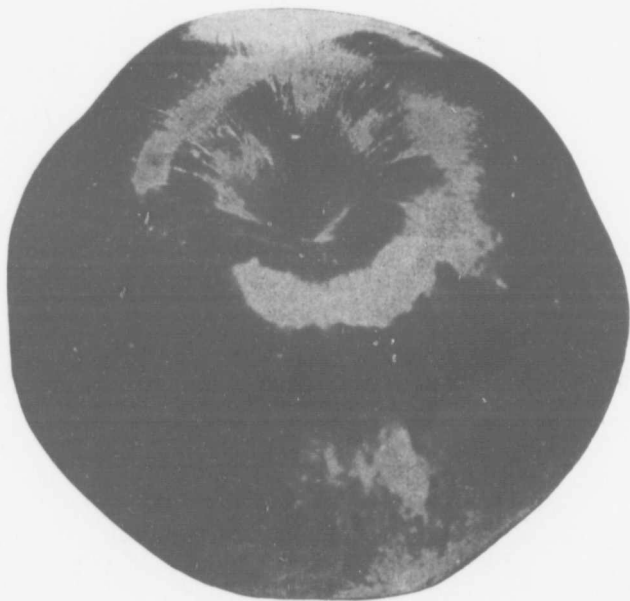
Fruit—Large; thin skin, light green or pale yellow, sprinkled with light pink, striped and shaded with pinkish red, and covered with whitish bloom.

Flesh—Yellowish white; texture, fine-grained, crisp, tender, juicy; flavor, rich, sprightly, sub-acid, fragrant.

Quality—First class for both dessert and cooking.

Season—January to March.

WATCH FOR THE B.C. BRAND ON THE BOX



WAGENER

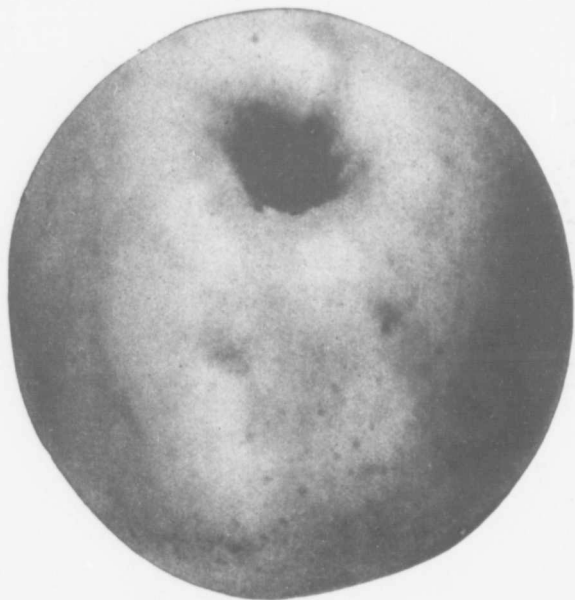
Fruit—Medium to rather large; skin thin, glossy, smooth, bright, pinkish red and striped, mottled with pale yellow.

Flesh—Tinged with yellow, firm, fine-grained, very juicy, aromatic.

Quality—One of the best for both dessert and cooking.

Season—October to April.

CANADA FIRST! INSIST ON B.C. FRUIT!



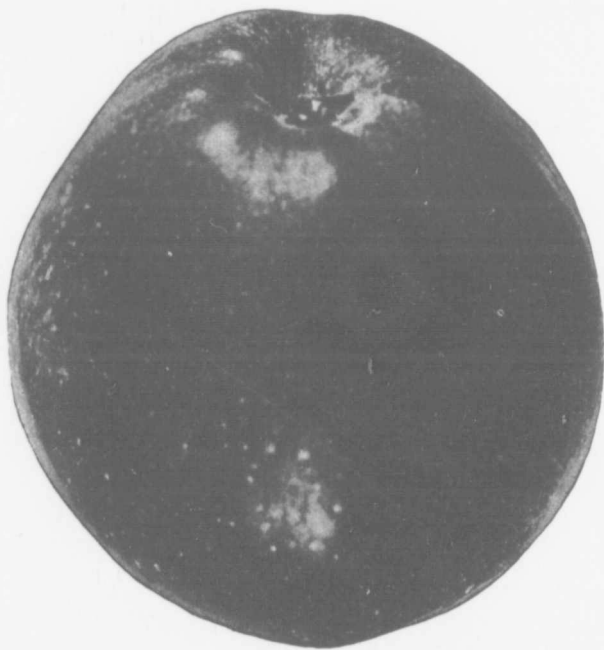
GRIME'S GOLDEN

Fruit—Medium size; color, rich golden yellow with russet dots.

Flesh—Yellow; texture, firm, crisp, juicy; flavor, rich, aromatic, spicy, sub-acid.

Quality—Dessert, first class; cooking, poor.

Season—November to January.



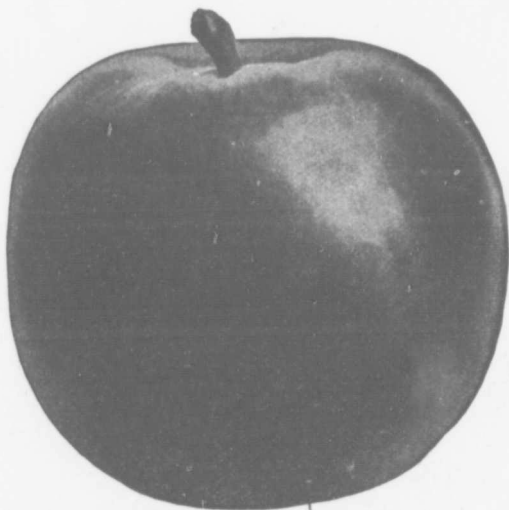
SPITZENBERG

Fruit—Size, medium to large; color, bright red with white dots.

Flesh—Yellowish white; texture, crisp, juicy; flavor, brisk, rich, delicious.

Quality—First class for both dessert and cooking.

Season—November to February.



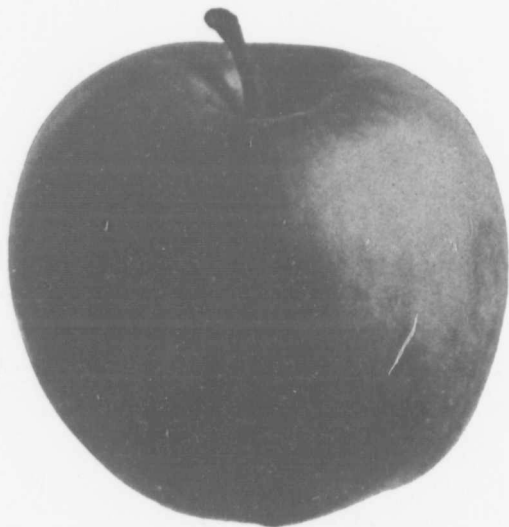
McINTOSH RED

Fruit—Medium size to large; color, deep crimson in sun, light crimson on shady side, often with a heavy blue bloom.

Flesh—Snow white; texture, crisp, tender, very juicy; flavor, sub-acid, aromatic.

Quality—One of B.C.'s best dessert varieties.

Season—October to December.



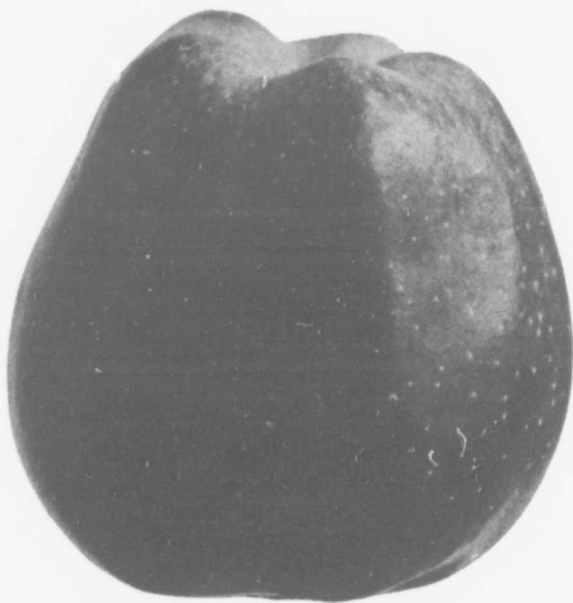
JONATHAN

Fruit—Size, medium; skin, colored dark brilliant red and striped, in sun, splashed with lighter red with numerous small whitish dots.

Flesh—Color, white; texture, tender and juicy; flavor, sub-acid, aromatic, excellent.

Quality—Dessert, very good; cooking, good.

Season—Late October to January.



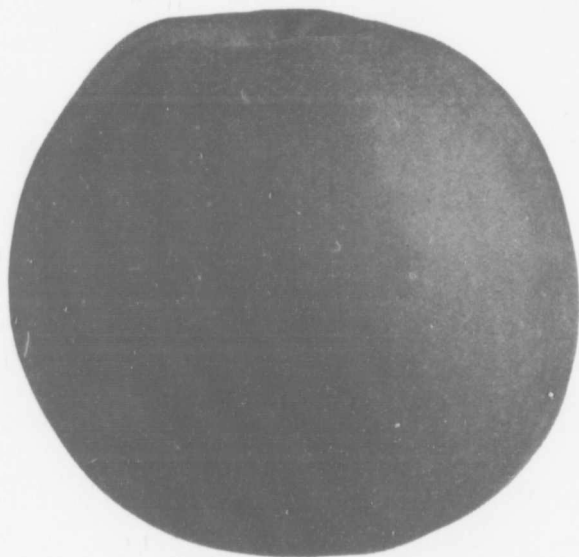
DELICIOUS

Fruit—Medium to large; skin, greenish yellow with a few brownish dots; general color, red striped and blushed. The apple has five prominent knobs at blossom end, giving a distinct characteristic appearance.

Flesh—Yellowish; fairly firm, of moderately fine texture; rather sweet and aromatic.

Quality—Very high; very popular as a dessert apple.

Season—December to March.



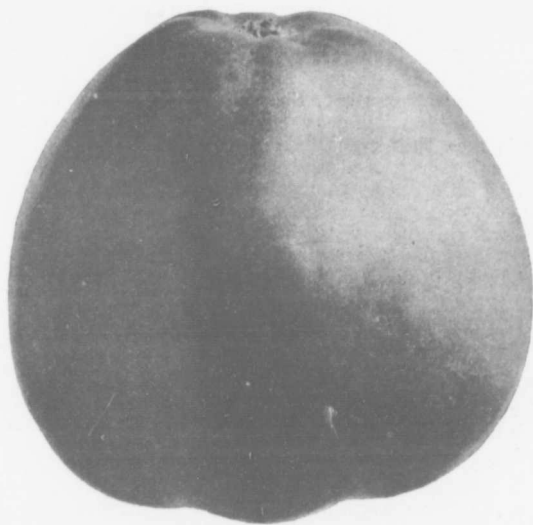
YELLOW NEWTON

Fruit—Medium to large; skin, smooth or slightly roughened, with brownish-russet dots, greenish yellow to bright yellow, with pinkish blush.

Flesh—Yellowish, firm, crisp, tender, juicy, with fine aromatic sub-acid flavor.

Quality—Excellent for both cooking and dessert.

Season—January to May.



WINTER BANANA

Fruit—Large; skin, clear, pale yellow, with pinkish red blush.

Flesh—Whitish, tinged with pale yellow, a little coarse, crisp, juicy, mild, sub-acid, aromatic.

Quality—Good for dessert; rather mild for culinary purposes.

Season—December to February.

EAT THE RIGHT APPLE AT THE RIGHT TIME

In some one of its many varieties the apple, the king of fruits, is available for use nine months of the year. But every variety has its own special season, when it is at its best. It is then that it has the crisp, tender texture, the rich, sprightly flavor, the delicious ripe juiciness that give it its attractiveness. It is then that it should be eaten. Before it reaches maturity it is hard and flavorless, or strongly acid. After its prime is past it may still be well preserved, but its quality is impaired. The flesh is not as crisp, a mealy dryness is beginning to replace the luscious juiciness, and the superlative flavor is disappearing.

Every one eats apples these days. Few realize the paramount importance of eating each variety in its proper season. It will pay you to study carefully the table of varieties on page 24 before purchasing. If you are to get full value for your money, you must know whether the apple offered to you is ready for immediate use or had better be procured for winter storing.

BUY THEM BY THE BOX

The consumer will find it to his advantage to buy apples by the box, thus receiving them just as packed at the orchard. This will ensure his getting the variety and grade required, as the law requires that these be stamped on the original package. It will enable him to make sure he is buying Canada-Grown Fruit, and it is desirable also from a sanitary standpoint, as it does away with contamination from exposure and rehandling.

Last, but as important as any, there is the question of economy. The apple is now a dietary staple. Its health-giving properties have given it a place on the daily bill of fare alongside of sugar and flour. No economical housewife buys staples except in quantity. It pays to buy B.C. apples by the box, for it represents a saving of 50c to \$1 over the cost of purchasing by the pound. Buy by the box, and

you can afford to keep a box of this "concentrated health" constantly in your pantry.

HOW TO STORE APPLES FOR THE WINTER

Evenness of temperature is particularly important in storing apples. The cooler the fruit is kept without freezing the better, the most desirable temperature being as near 32°F to 35°F as possible. If there is a choice of two rooms or cellars, that with the moister atmosphere should be selected. Cellars with earth floors will be satisfactory. The boxes, however, should be slightly raised from the floor on sticks. To prevent bruising, always rest the box on its side rather than on top or bottom.

It is desirable, whenever possible, that apples for storage should move as directly as possible from shipper to cellar. Apples that have been kept for some time in a dealer's warehouse are less likely to keep well.

Not all apples will store satisfactorily. It is important to select only varieties suitable for winter use. A study of the table on page 24 will indicate which are the long-keeping, winter varieties.

STORING WINTER VEGETABLES

In October and early November, secure your winter supply of vegetables. The price usually increases late in November, after they are harvested. If you want the long keeping sorts, be sure they come from British Columbia. For detailed instructions on storing fruits and vegetables, write to the Department of Agriculture, Victoria, B.C., for free Bulletin No. 58, "Farm Storages for Fruits and Vegetables."

WHAT VARIETIES OF B. C. APPLES TO USE AND WHEN

The varieties printed in **black type** are the best to use during the months indicated.

MONTH	DESSERT	COOKING
January February	Akin Red, Baldwin, Bellefleur, Cox Orange, Delicious, Grimes Golden, Hubbardson, Jonathan, Red Cheek, Rome Beauty, Salome, Spitzenberg, Spy, Wagener, Winesap, Winter Banana, Yellow Newtown.	Akin Red, Baldwin, Ben Davis, Gano, Red Canada, Rome Beauty, Salome, Spy, Wagener, Winesap, Yellow Newtown, York Imperial.
March April	Akin Red, Baldwin, Delicious, Gano, Red Cheek, Rome Beauty, Spy, Wagener, Winesap, Yellow Newtown.	Ben Davis, Gano, Rome Beauty, Yellow Newtown.
May	Akin Red, Ben Davis, Gano, Rome Beauty, Winesap, Yellow Newtown.	Ben Davis, Gano.
July	Early Harvest, Yellow Transparent.	Astrachan, Duchess, Yellow Transparent.
August	Astrachan, Yellow Transparent.	Astrachan, Duchess, Gravenstein, Yellow Transparent.
September	Duchess, Gravenstein, Wealthy.	Alexander, Duchess, Gravenstein, Jeffris, McIntosh, Wealthy, Wolf River.
October	Cox Orange, King David, Gravenstein, Jeffris, King, McIntosh, Wealthy.	Alexander, Bellefleur, Gravenstein, Greening, Grimes Golden, Hubbardson, Jonathan, King, McIntosh, Pewaukee, Red Canada, Red Cheek, Salome, Stayman, Wealthy.
November	Bellefleur, Cox Orange, Greening, Grimes Golden, Hubbardson, Jonathan, King, McIntosh, Wagener, Wealthy, Winter Banana.	Bellefleur, Baldwin, Gano, Greening, Grimes Golden, Hubbardson, Jonathan, King, Pewaukee, Red Canada, Red Cheek, Salome, Spy, Wagener.
December	Baldwin, Bellefleur, Delicious, Grimes Golden, Hubbardson, Jonathan, King, McIntosh, Red Canada, Salome, Spitzenberg, Spy, Wagener, Winesap, Winter Banana.	Akin Red, Baldwin, Ben Davis, Gano, Hubbardson, Pewaukee, Red Canada, Red Cheek, Rome Beauty, Salome, Spitzenberg, Spy, Wagener, Winesap, Winter Banana, Yellow Newtown.

RHUBARB

RHUBARB FOOL

Cut a dozen sticks of rhubarb into small pieces; put them in a jar with 3 oz. moist sugar and a teacupful of water, and place in the oven till the juice is drawn out. Beat to a pulp and press through a sieve. Stir in a teacupful of milk, or more if necessary. Set it aside till cold, then put in custard glasses.

STRAWBERRY AND RHUBARB JAM

Two cupfuls of rhubarb; 2 quarts of sugar; 3 pints of strawberries. Peel and cut the rhubarb into small slices and cook with one pint of sugar until tender. Then add the remaining amount of sugar to the berries. Let cook for thirty minutes, then put up in small jars.

RHUBARB WITHOUT COOKING

Cut the rhubarb in inch pieces, put in glass jars, fill with cold water, and stand till next day; then pour off and fill again with fresh water. Have the jars full to overflowing, then cover and seal. This can be done under water in a deep pan of cold water, and when jars are full of the cold water, fasten on the cover under the water.

RHUBARB TART

Cut up and stew rhubarb, and add 1 cup sugar when soft. Put into deep baking dish, cover with rich pie-crust and bake.

RHUBARB AND FIG CONSERVE

Cut rhubarb into inch lengths and weigh out 3 lbs. Take $\frac{1}{2}$ lb. of dried figs and cut in quarters, and $\frac{1}{2}$ lb. candied orange peel, with $2\frac{1}{2}$ lbs. sugar,

the juice of a large lemon and its grated yellow rind. Put into a large kettle in layers with the sugar and let stand covered all night. In morning boil down slowly till thick; about an hour will do.

RHUBARB MARMALADE

Rhubarb, 7 lbs. figs, 2 lbs.; ginger root, 1 large piece. Cut rhubarb in $\frac{3}{4}$ -in lengths, pour on it the sugar and let stand overnight. In morning, add cut-up figs, and boil.

RHUBARB PIE

Skin and cut rhubarb in $\frac{1}{2}$ -in. pieces. Mix $\frac{7}{8}$ cup sugar, 2 tablespoons flour and 1 egg; add to $1\frac{1}{2}$ cups rhubarb and bake between crusts.

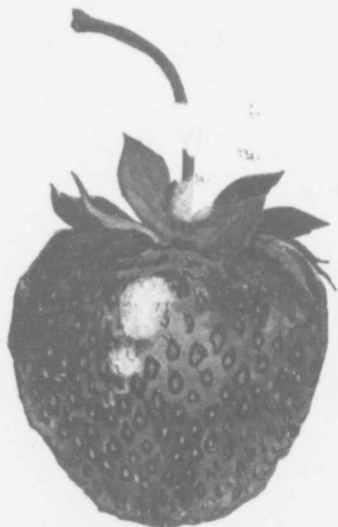
RHUBARB PUDDING

Cover the bottom of a buttered pudding dish about 1-in. deep with fine bread crumbs and sprinkle with bits of butter. Lay on this raw rhubarb cut into $\frac{1}{2}$ -in. lengths and 1 doz. seeded raisins and sprinkle with 2 tablespoonfuls of sugar. Put on this more crumbs and more butter, repeat the rhubarb, raisins and sugar, and so on through the dish, making crumbs the top layer. Put bits of butter over this, strew with a teaspoonful of grated orange or lemon peel, and bake covered for 1 hour in a steady oven. Uncover and brown. Serve with hard sauce.

RHUBARB JELLY

Cut a pound of rhubarb into inch lengths, without peeling, and put into a covered crock in the oven with a cup of sugar, a slice of lemon, and a bit of ginger root, or a pinch of ginger; cook till tender. Have ready two tablespoonfuls of gelatine dissolved in half a cup of cold water and then melted over boiling water. Stir into rhubarb till well mixed, pour into a mould and chill. Serve with cream.

THE STRAWBERRY



STRAWBERRY TARTLET

Method the same way as Raspberry Tartlet.

STRAWBERRY SYRUP

Crush ripe berries and strain juice till clear. Boil 1 lb. sugar with a cup of water till it spins a thread, but do not stir it. Put into this 2 cups of strawberry juice and simmer, covered for 15 minutes. Seal hot.

STRAWBERRY ICE CREAM

Mix $\frac{1}{2}$ lb. powdered sugar with 6 egg yolks, add 1 pint scalded milk, stir for 2 minutes, pour into basin, and stir on stove till well heated. Do not boil. Remove from fire. Add 1 pint sweet cream,

FLAVOR YOUR SUNDAES WITH B.C. STRAWBERRIES

mixing for 2 minutes. Add 1 pint of strawberries. Mix for 2 minutes, then strain through fine sieve into freezer, pressing strawberries through with wooden spoon.

STRAWBERRY SAUCE

Add to hard sauce 1 cup of crushed strawberries.

STRAWBERRY SHORTCAKE

Mix 2 heaping cups of flour, 2 teaspoonfuls of baking powder, $\frac{1}{4}$ teaspoonful of salt, and 2 table-spoonfuls of sugar. Sift three times $\frac{1}{2}$ cup of butter. Chop in butter with a baking powder can kept for the purpose or rub with the tips of the fingers and add the milk gradually. Toss on a floured baking board, divide into two parts, pat and roll out. Bake it in buttered and floured layer cake tins in a hot oven for fifteen minutes.

Split and butter. Sweeten the berries to taste, place on the back of the stove until warmed. Crush slightly and put between and on top of the short cakes. Cover the top with whipped cream sweetened and flavored with vanilla extract.

STRAWBERRY OMELET

One cupful of butter; 1 cupful of crushed strawberries; $\frac{1}{2}$ cupful of sugar. Cream the butter and sugar, then stir into a cupful of crushed strawberries. Prepare a French omelet in the usual way. Spread with the strawberry sauce and fold. Serve immediately.

STRAWBERRY JELLY SALAD

Cut very fine large berries into halves and line small moulds with them. Make plain orange jelly, and fill moulds. Turn out on lettuce, with a mayonnaise made with whipped cream.

QUICK SHORTCAKE

Cut a loaf of cake into 3 layers; put crushed strawberries between each two, and sugar on top; serve with cream.

STRAWBERRY CHARLOTTE

Cut selected sweet strawberries in halves lengthwise, line small mould with berries, turn in Charlotte Russe mixture, chill, and remove from mould for serving.

STRAWBERRY COTTAGE PUDDING

Cream 1-3 cup butter, add 1 cup sugar gradually, and 1 egg, well beaten; mix and sift $1\frac{3}{4}$ cups of flour, and 3 teaspoons baking powder; add alternately with $\frac{1}{2}$ cup milk to first mixture, turn into shallow buttered cake-pan; bake 25 minutes. Cut into squares and serve with strawberries (sprinkled with sugar and slightly mashed).

STRAWBERRY WHIP

Beat $1\frac{1}{4}$ cups strawberries, the white of 1 egg, and 1 cup powdered sugar, till stiff enough to hold in shape; about 30 minutes will be required. Pile lightly on dish and serve with boiled custard.

STRAWBERRY PIE

May be made like any other fruit pie, but nicer if berries are slightly mashed, sprinkled with powdered sugar and heaped in shells of paste previously baked. Pile whipped cream on top.

STRAWBERRY SPONGE CAKE

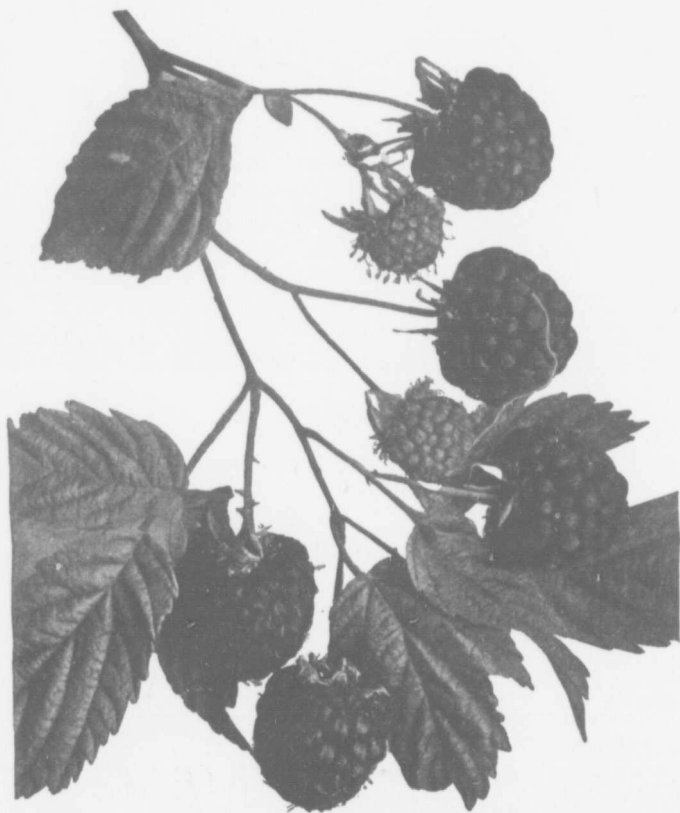
Make an ordinary sponge cake from 6 eggs; when done, cut in halves; upon one put a thick meringue made from the whites of 2 eggs, and 2 tablespoonfuls of powdered sugar, beat the eggs until light, add the sugar, and beat till white. Stand large strawberries thickly over this; put on the upper half, cover with strawberries neatly arranged, dust with sugar, and serve with cream.

STRAWBERRY WATER ICE

One quart of strawberry juice, the juice of 2 lemons, 1 lb. sugar, and 1 pint of water; mix well and stand aside for 1 hour, and then freeze.

RASPBERRIES! TRY THE JUICY, RED ONES FROM B.C.

THE RASPBERRY



Season—July 1st to August 10th

RASPBERRY VINEGAR

Mash berries and add enough vinegar to cover them. Set close by stove for 12 hours, stirring often. Strain and press; add as many mashed berries to the vinegar as before; cover and leave in hot sun for 6 hours. Strain and measure juice; add half as much water as you have juice, and stir into this 5 lbs. of granulated sugar for every 3 pints of liquid. Bring slowly to a boil, let it boil up once, and strain. Bottle, cork and seal.

RASPBERRY JAM CREAM

Mix the juice of 1 lemon with 1 lb. of raspberry jam, add gradually 1 pint of cream and $\frac{1}{2}$ pint of milk; strain through a sieve and freeze.

RASPBERRY PIE

To 2 cups raspberries add 1 cup ripe red currants and 1 cup granulated sugar, with which a tablespoonful of flour has been mixed; stir together. Line a plate with flaky pie crust, put in the fruit, cover with a tolerably thick sheet of paste, make several incisions for escape of steam, and bake till the crusts are nicely browned. Serve cool.

NEW ENGLAND RASPBERRY CAKE

Mix $\frac{1}{2}$ cup of butter and 1 cup of sugar to a cream, add the yolks of 2 eggs, well beaten, and 2-3 cup of milk; stir in 2 cups of flour in which has been sifted 1 teaspoon baking powder. Bake in jelly cake pans. For the filling, crush 1 quart raspberries, add the whites of 2 eggs, 1 cup of powdered sugar, and a few drops of lemon juice. Whip till thick, and spread between layers and over the top. Serve with cream.

RASPBERRY CAKE FILLING

Whip 1 cup thick cream to a stiff froth, also the white of 1 egg. Put the two together and with a

SHOW YOUR PREFERENCE FOR CANADA-GROWN FRUIT

fork stir 1-3 cup of powdered sugar, blending it perfectly. At the last, just before spreading the cake, stir in $\frac{1}{2}$ cup of red raspberries, thoroughly mashed.

RASPBERRY SHORTCAKE

Bake sponge cake in 2 layers, or split one thick cake; put in between them a thick layer of berries, and on top put whipped cream and more berries.

RASPBERRY JUICE

Boil 2 cups of sugar with 2 cups of water for 15 minutes; add 2 cups clear raspberry juice from squeezed berries and simmer 25 minutes, covered. Seal while hot.

RASPBERRY FRUIT BASKET

Bake plain paste over inverted patty pans. Roll paste $\frac{1}{8}$ -in. thick, and cut in strips $\frac{1}{4}$ -in. wide. Twist strips in pairs and bake over a $\frac{1}{4}$ -lb. baking powder box, thus making handles. Fill cases with raspberries, sprinkled with sugar. Garnish with whipped cream.

RASPBERRY TARTLET

Use 4 oz. flour, 1 oz. butter, yolks of 2 eggs, 1 oz. sugar. Work lightly, and roll to thickness of $\frac{1}{4}$ -in. Line some patty pans with it and fill with uncooked rice to preserve the shape. Bake in moderate oven till done. Prepare raspberries as for a compote, (see page 41), empty tartlets of the rice, fill with fruit, and put them in oven to get hot.

RASPBERRY CREAMS

One pint of raspberries mashed up with $\frac{1}{4}$ lb. of sugar, stir in $\frac{1}{4}$ pint of cream, half fill some custard glasses, whip $\frac{1}{4}$ pint cream with a little sugar, and put some on top of each glass.

WATCH FOR THE B.C. BRAND ON THE BOX

THE BLACK CURRANT

BLACK CURRANT JELLY

Pick over and wash the berries, but do not stem. Put in a preserving kettle with water enough to cover; cook till soft; then drain all night in a jelly bag. Measure the juice, put into the kettle, cooking not more than six cups at a time; boil exactly 11 minutes; add 6 cups of sugar, and stir till 3 minutes after the sugar is dissolved. Pour into glasses. If not firm, stand in the sun or the oven to harden.

BLACK CURRANT JELLY SANDWICH

Beat together till smooth $\frac{1}{2}$ cup each of currant jelly and peanut butter; then spread on thin slices of bread.

BLACK CURRANT JAM

Boil 2 lbs. of black currants till the juice flows slowly. Put through sieve. Boil what has passed through for 5 or 6 minutes, lift it from the fire and stir into it 1 lb. powdered loaf sugar. Boil again until it thickens and bottle.

THE RED CURRANT

RED CURRANT JELLY

Pick over currants but do not remove stems; wash and drain. Mash and cook slowly till currants look white. Strain through coarse strainer, then allow juice to drop through a double thickness of cheese cloth. Measure, and boil 5 minutes; add an equal measure of heated sugar, boil 3 minutes, skim, and pour in glasses. Place in sunny window, and let stand 24 hours. Cover and keep in cool, dry place.

CURRENT AND RASPBERRY JELLY

Follow recipe on page 33, using equal parts of currants and raspberries.

SPICED CURRANTS

Stem and wash the currants; weigh out 5 lbs. to 4 of sugar, 1 pint vinegar, 1 tablespoonful of powdered cinnamon, and a teaspoonful of powdered cloves, and boil slowly for 3 hours.

COMPOTE OF RED CURRANTS AND RASPBERRIES

Boil 10 oz. white sugar and $\frac{1}{2}$ pint of water together for 10 minutes. Add 1 pint of red currants and 1 pint of raspberries, and simmer for seven minutes. Lift the fruit carefully in a glass dish. Boil the syrup three minutes longer; let it cool and pour over the fruit.

RED CURRANT CONSERVE

Take 5 lbs. washed and stemmed currants, 5 lbs. of sugar, and 5 oranges, peeled, seeded, and cut into bits; add $2\frac{1}{2}$ lbs. seedless raisins; mix and boil for 30 minutes.

RED CURRANT FOOL

Strip ripe red currants from the stalks, and stew gently for half an hour with 3 tablespoonfuls sugar to every pint of fruit. Press through sieve, and when nearly cold, mix with finely-grated bread crumbs, and cream or new milk.

CURRANTS FOR BREAKFAST

A mixture of red and of white currants makes an attractive breakfast dish. They may be served on the stems if fine and large clusters.

RED CURRANT JUICE

This is excellent for a first course at luncheon. Take 2 quarts of red currants, strain it through cheese cloth, put in a saucepan on the fire, and, as

WATCH FOR THE B.C. BRAND ON THE BOX

soon as it steams, stir in 3 teaspoonfuls of arrowroot moistened in a little cold water. Cook until clear; then add a half cupful of sugar, and as soon as it is dissolved, turn into bowl to cool. At moment of serving, put a piece of ice in each glass.

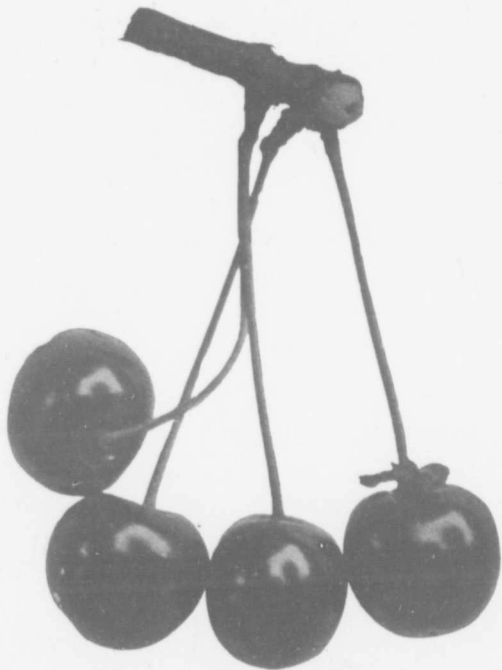
RED CURRANT TART

To 1 quart of red currants add 1 pint of red raspberries, strawberries, or cherries; sweeten well with brown sugar; line side of dish with tart paste, place in it a small teacup, put in fruit and cover with paste. 4 oz. brown sugar are allowed to 1 quart of fruit.

BRITISH COLUMBIA TOMATOES

British Columbia Tomatoes appear on the market from July until November. They are noted for their high quality, exceptionally firm flesh, few seeds and fine flavour. August and September is the best time to can, preserve and pickle tomatoes for home use.

THE CHERRY



ENGLISH MORELLO CHERRY

One of the Best B.C. Preserving Sorts

B.C. Preserving Cherries are much superior in firmness and quality to any others. The principal varieties are: May Duke and Early Richmond, early; Montmorency and Olivet, mid-season; and Morello, late. The Morello and the Olivet are the most popular preserving kinds. The dessert varieties are Black Tartarian, Windsor, Lambert and Bing.

CHERRY FRITTERS

Remove stems and stones from ripe cherries. Roll each in white of egg beaten with tablespoonful of water, then in chopped blanched almonds; dip one by one in thick fritter batter, and plunge into very hot fat; when brown, remove and drain.

CHERRY PUDDING

Beat together 1 cup milk, 1 tablespoon sugar, 1 tablespoon melted butter, $2\frac{1}{2}$ cups sifted flour, 2 eggs, 1 heaping teaspoon baking powder, $\frac{1}{2}$ teaspoon salt; then stir in 1 pint of preserved cherries which have been drained from their syrup. Turn into a mould and steam for 2 hours. Serve with sauce made of drained syrup, sweetened, and slightly thickened.

JELLIED CHERRIES

Dissolve 2 tablespoonfuls of gelatine in a little cold water, add $1\frac{1}{2}$ pints of liquid drained from a jar of cherries, and strain into a ring mould. When ready to serve, the next day, turn out on low dish, and fill the centre with the cherries after having removed the pits. Cover the top with mounds of whipped cream.

DEEP CHERRY PIE

Fill deep baking dish with fresh stoned cherries; sprinkle with plenty of sugar, and cover lightly with flour and bits of butter; put on a rich crust, and bake till brown.

CHERRY SYRUP

Stone very ripe cherries. To every quart, add 2 cups of sugar and boil 10 minutes, skimming well. Cool, bottle and seal.

FROZEN CHERRIES

Stone 2 quarts Morello cherries, mix them with 4 cups of sugar, and stand 1 hour. Add 4 cups of

water, stir well until the sugar is thoroughly dissolved, and freeze.

CHERRY PIE

Pick over and wash 2 cups sour cherries, add 1 cup sugar and 1 tablespoon of flour, and mix together. Line a jar with paste, fill with the cherries, and cover with sheet of paste, rolled twice as thick as ordinary pie crust. Make incisions for escape of steam. If cherries are sweet, use less sugar.

CHERRY MARMALADE

Stone 4 lbs. of cherries, add 1 quart currant juice. Simmer till tender; break and mash the fruit. Boil 3 lbs. of sugar until it coats the spoon, add the cherries and boil till it thickens. Pour into bottles and seal.

CHERRY SALAD

Cut in two and remove pits from the cherries; dress them with French dressing half an hour before they are served, and serve them on the ice.

FRENCH DRESSING

Mix 4 tablespoons of oil, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper. Add slowly 1 tablespoon of vinegar, and stir vigorously.

THE APRICOT

The principal variety of B.C. Apricots is the large, luscious Moorpark, which reaches the market between July 25 and August 15. The Royal, an earlier, smaller, sweeter variety, is preferred by many housewives for jam, flavoring pulp, etc.

APRICOT FRITTERS

Prepare batter by mixing 1 cup flour, $\frac{1}{2}$ teaspoon salt, and a few grains pepper. Add 2-3 cup milk

B.C. APRICOTS ARE JUICIEST—WATCH FOR THE BRAND

gradually and 2 eggs, well beaten. Cut apricots in slices, dip in batter, and fry in deep fat. Drain and sprinkle with powdered sugar.

OPEN APRICOT TART

Line a plain mould with short paste; peel some fine apricots, remove stones, and lay fruit in mould, separate each apricot by 4 stoned cherries, sprinkle with sugar and bake. Serve with cream.

APRICOT TART

Peel, stone and cut apricots in half, boil in sugar and water; when done, leave till cold. Line a shallow tart mould with light paste, fill it with the fruit, cover with paste, egg it over with beaten yolks of eggs, and bake.

APRICOT PUDDING

Take a shallow round pan, butter it well, and sprinkle it with moist sugar; line with a good short crust, fill with sliced apricots, sprinkling each layer with sugar, heap the fruit well up, cover with paste, and bake in a hot oven from 1 to 2 hours; when done, turn out on a dish. It should be a nice brown color.

TAPIOCA COT

Stew apricots, keeping them rather thick. Boil 3 or 4 oz. of tapioca in water till liquid and clear, pour on the fruit and bake half an hour. Soak the tapioca.

APRICOT OMELET

Make omelet in the ordinary way. Before folding, put on one half a tablespoon of apricot preserve.

APRICOT CAKE FILLING

Make as for raspberry cake filling—page 31.

APRICOT CREAM

Cover the bottom of a glass dish with some preserved apricots; mix with some of the syrup 1 tablespoonful of brandy and pour over the apricots. Dissolve $\frac{1}{2}$ oz. gelatine in 1 cup water, strain, and add 1 pint cream. Add 1 tablespoonful sugar, put in stewpan and stir over fire. Let it boil 1 minute, pour into a jug, add 2 tablespoonfuls of brandy; when nearly cold, pour over apricots. Let it stand till next day.

COMPOTE OF APRICOTS

Peel and split 1 dozen apricots. Simmer in 1 pint of sugar syrup for 3 minutes. Let them get cold. Arrange in a glass dish. Pour some syrup over and cover with whipped cream.

APRICOT MARMALADE

Take ripe apricots, cut in two and remove the stones; put in preserving kettle and allow 1 lb. sugar to 1 lb. of fruit. Stir frequently and allow to boil 15 minutes. Break half of the kernels, blanch the rest, and just before removing the marmalade from the fire stir these in thoroughly.

TO PRESERVE WHOLE APRICOTS

Weigh equal quantities of fine apricots and loaf sugar. Make small opening at stem end and push out stones. Place fruit on a flat dish and sprinkle sugar over them. Boil remainder of sugar to a syrup, after which put apricots in and let them boil for 3 minutes. Remove pan and cover closely. After letting stand for 2 hours, return to fire. Boil for 3 minutes. Take off pan, cover, and let fruit stand again for 2 hours. Put on fire and boil slowly for 15 minutes. Blanch kernels in colander with boiling water and add them. Put in jars after standing 10 minutes.

THE GOOSEBERRY

FOUR-FRUIT JAM

Gooseberries, cherries, red or black currants, strawberries; equal quantities of sugar; cook until thick.

GOOSEBERRY CUSTARD

Boil 1 quart of gooseberries in $\frac{1}{2}$ pint of water. Add piece of butter the size of walnut. Boil quickly, and when soft, pulp through sieve. Add $\frac{3}{4}$ lb. sugar and the yolks of 4 eggs. Stir over fire until thick, but the berries must not boil. Serve in glass dish.

GOOSEBERRY DUMPLING

Line plain, round basin with good suet crust. Pick stalks and stems from gooseberries sufficient to fill, strew moist sugar over top and cover with paste. Pinch in sides to prevent juice escaping, and tie in floured cloth. Plunge into boiling water and boil 2 or 3 hours.

GOOSEBERRY TURNOVERS

Make good light crust. Roll out 2 or 3 times, then leave it $\frac{1}{4}$ -in. thick. Stamp out in rounds, with a cup, and lay a few gooseberries, which have been stewed with sugar, on one-half of each round. Turn the other half over the fruit, fasten edges securely, and bake on buttered tins in a moderate oven. Serve with sifted sugar.

GOOSEBERRY SAUCE

One pint green gooseberries, $\frac{1}{2}$ pint melted butter, sugar. Stew gooseberries in jar in oven with a little sugar. Rub them through a sieve and mix with melted butter.

COMPOTE OF GREEN GOOSEBERRIES

Boil 10 oz. white sugar and 1 pint water together for 10 minutes. Add 2 pints of gooseberries, and

simmer till the fruit is tender, about 10 minutes. Lift the fruit carefully in a glass dish. Boil the syrup 3 minutes longer, let it cool, and pour over the fruit.

GOOSEBERRY PIE

Cut off blossoms and stems of berries and fill a pie dish lined with plain paste, spreading over the top 1-3 as much sugar as berries used. Slightly dredge with flour, and cover with a thin crust, pricked with a fork. Bake half an hour.

SPICED GOOSEBERRIES

Same as spiced currants—page 34.

GOOSEBERRY FOOL

Put 1 quart green gooseberries into a stewpan with 1 pint water and sugar; when they begin to turn yellow and swell, drain water from them and pass through a sieve. Put a pint of milk in a stewpan with the beaten yolks of the eggs. Stir over the fire till it begins to simmer, then remove and mix gradually with gooseberry pulp. Let it stand till cold, then put in custard glasses.

THE BLACKBERRY

BLACKBERRY JAM

Mash the berries, cook without water, press through a coarse sieve, and, as blackberries are sweet, allow only one cup of sugar to one pint of juice. Boil half an hour, then test.

BLACKBERRY JELLY

Cook only till pulp is softened. Strain without squeezing. Measure juice and boil uncovered, skimming off. Heat $\frac{3}{4}$ lb. of sugar to 1 pint juice in the oven, and add to boiling juice; stir till dis-

solved. Scald jelly glasses, fill and let stand in a clean, cool place till next day.

BLACKBERRY PUDDING

One pint milk, 2 beaten eggs, 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful soda, $\frac{1}{2}$ teaspoonful cream of tartar, and flour to make a thick batter. Dissolve the soda in a little water, and sift cream of tartar through the flour; 1 pint blackberries, dredged with flour, stirred in the last thing. Steam 1 hour. Serve with a hard sauce.

BLACKBERRY SPONGE

Soak $\frac{1}{2}$ box gelatine in a half cup of water for half an hour. Pour on it boiling syrup made of 1 cup sugar and 1 cup water and stir till dissolved. Add 2 cups of blackberry juice, and strain all into a bowl. Put bowl in a pan of cold water, and let the mixture become thick, stirring it now and then as it cools. Beat to a stiff froth; add the beaten whites of 4 eggs, and beat all together till smooth. Put into one large or several small moulds and chill. Serve with a thin custard made with the yolks of the eggs.

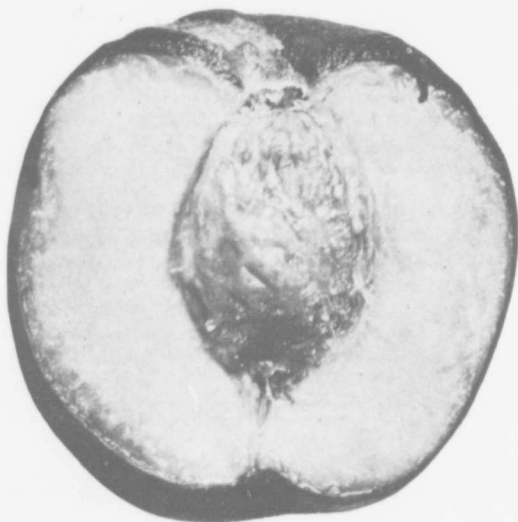
RAISED BLACKBERRY PUDDING

Beat 2 eggs light and put with them 1 pint of milk, a saltspoonful of salt, $\frac{1}{2}$ yeast cake dissolved in 3 tablespoonfuls of lukewarm water, and sift in 4 scant cupfuls of flour. Let this rise for about 4 hours, stir in 3 cupfuls of dredged blackberries and turn into a well-greased cake mould. Bake for 1 hour in a steady oven and eat with hard sauce.

BRITISH COLUMBIA ONIONS

New British Columbia Onions appear on the market the latter part of August. The main crop is harvested in October, and may be secured until late the following spring. Growers are now giving special attention to the production of long-keeping, well-graded, high-quality onions.

THE PEACH



TRIUMPH PEACH

**A Favorite B.C. Variety. Good for Dessert, and
Excellent for Jam, Cake Fillings, Ice
Cream Flavoring, Etc.**

It is important, when purchasing peaches, to have a knowledge of varieties, if no more than is sufficient to distinguish between the dessert sorts and those that are especially suitable for canning. Dessert peaches, when properly ripened and shipped by express, possess an exquisite flavor and a juicy lusciousness that admirably fit them for table use. They also make excellent jam, shortcake and other fillings, pulp for flavoring ice cream, puddings, fritters, etc., but they have not the firmness of texture

required in a canning peach. The latter, on the other hand, lacks the delicious melting quality of the dessert varieties at their best. Each is specially suited to a special use, and neither will give the best satisfaction unless used in accordance with this fact.

The principal B.C. varieties, in approximate seasonal order, are: Alexander (white flesh, clingstone, excellent for dessert); Carmen (white flesh, excellent for dessert); Triumph (yellow flesh, semi-cling, good for dessert, good for jam, etc.); Yellow St. John (yellow flesh, freestone; dessert, very good; canning, very good); Early Crawford (yellow flesh, free; dessert, very good; canning, very good); Champion (white flesh, freestone; dessert, very good); Victor (yellow flesh; dessert, good); Elberta (yellow flesh, freestone; dessert, fair; canning, best of all).

PEACH CUSTARD

Arrange alternate layers of stale cake and sections of preserved peaches in glass dish, and pour over boiling custard.

PEACH PIE

Remove skins by allowing peaches to stand in boiling water 1 minute. Cut in eighths, cook until soft with enough water to prevent burning; sweeten to taste. Cool and fill crust previously baked. Cover with whipped cream.

PEACH SNOW

Wipe and remove skin from one peach. Force pulp through a sieve, and if there is much juice, drain. Beat the white of 1 egg until stiff. Add peach pulp gradually, while continuing the beating. Sweeten with powdered sugar, pile on glass dish, and serve with cream.

PEACH SHERBET

Rub 6 peaches through a sieve. Add 1 pint water, 1 cup sugar, and 1 cup orange juice. Freeze over boiled custard.



ELBERTA PEACH
The Best Preserving Variety

PEACH JAM

Pare and quarter the peaches; cook till tender, and mash; allow $\frac{3}{4}$ lb. of sugar and 1 cup of water to each lb. of fruit. Cook, stirring constantly, for 15 or 20 minutes. (The early clingstone and white varieties make good jam.)

BAKED PEACHES

Peel, cut in halves, and remove stones of 6 peaches. Place in a shallow pan. Fill each cavity

with 1 teaspoon sugar, $\frac{1}{2}$ teaspoon butter, few drops lemon juice, and a slight grating nutmeg. Cook 20 minutes and serve on circular pieces of buttered dry toast.

PEACH FILLING

Cut up 2 or 3 very ripe, juicy peaches and squeeze them through a potato ricer. Add $\frac{1}{2}$ cup of pulverized sugar to the pulp and 1 cup of cream beaten to a stiff froth. Blend thoroughly and put between layer cake.

WHITE PEACH SALAD

Take white peaches, firm, but ripe, and slice, sprinkling liberally with sugar, and the blanched meat of pecan nuts. Serve with cream.

PEACH SALAD

Stone peaches, fill with cream cheese mixed with cream and shredded almonds. Serve with whipped cream.

PEACHES IN CANTALOUPE

Fill halves of cold cantaloupes with sliced peaches. Sprinkle them with sugar and candied ginger, chopped fine, and serve with whipped cream.

PICKLED PEACHES

Pare large peaches but do not cut them; stick 3 cloves in each. Weigh 7 lbs. of fruit to $3\frac{3}{4}$ lbs. of sugar. Put sugar in porcelain kettle with 1 quart of vinegar, 2 sticks of cinnamon and 1 tablespoonful of whole cloves. Boil 10 minutes. Add fruit a few pieces at a time, and cook till clear, but not soft. Lift into cans, boil down syrup and strain over them.

BOILED PEACH PUDDING

Line a pudding basin with suet crust, fill with sliced peaches, and sprinkle each layer with brown sugar. Cover with crust, tie up in floured cloth, and boil from 2 to 3 hours.

PEACH SHORTCAKE

Prepare a dough as for biscuits, using a little butter in the shortening and an egg mixed with the

milk, which is used in moistening. A mixing spoon of sugar may be added. Bake in a quick oven (an iron pan is best). Have the peaches pared and crushed with a generous measure of sugar and allow to stand until meal time, when the shortcake should be split and filled with the crushed peaches. Serve with rich cream.

PEACH FRITTERS

Proceed as for pear fritters (page 52), but use $1\frac{1}{4}$ cups of flour.

PEACH COBBLER

Line a deep pudding dish with a rich biscuit dough, rolled as thin as possible and cooked slightly. Peel ripe, juicy peaches and put in the pudding dish whole. Sweeten to taste. Dot with bits of butter and cover with an upper crust of paste. A teacup placed in the centre makes a better cobbler, as the cup supports the top crust and conserves the juices. Serve with rich cream.

THE CANTALOUPE

Cantaloupes make a splendid breakfast dish. B.C. vine-ripened cantaloupes reach the market about August 15th or shortly after, and are always worth a quality premium. This fruit makes an ideal breakfast or luncheon dish. Melons are cut in two, the seeds removed, a piece of ice placed in each, and a half melon served to each person. They may be served at the beginning or at the end of any meal.

ICE CREAM IN CANTALOUPE

Fill melons with ice cream and serve. Ice cream flavored with lemon or vanilla, eaten with the pulp of the melon, forms an agreeable combination.

CANTALOUPE SALAD

Cut the edible portion of the melon into small cubes. Mix together $\frac{1}{2}$ cup sugar and a scant teaspoon of cinnamon; sprinkle this over 1 quart melon, toss together and serve from a salad bowl fashioned out of the shell from which the pulp was taken.

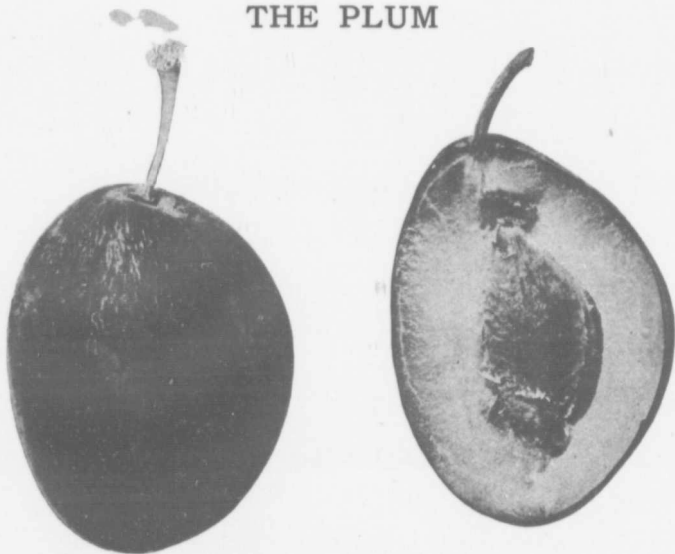
SALPICON OF FRUIT IN CANTALOUPE

Chill melons, cut in half and remove seeds, but retain pulp intact. Fill with chilled mixture of sliced peaches, and sections of orange, mixed with sugar.

BRITISH COLUMBIA CELERY

B.C. Celery is well known on the Prairies. The first shipments are made in July, and continue through until May of the following year. This crop is famous for its exceptional tenderness and flavour. When you ask for celery, say "B.C. Celery"; you will want more the next day.

THE PLUM



ITALIAN PRUNE

The Well-Known Blue Plum—B.C.'s Best Preserving Variety

The Italian Prune, the popular blue plum, which reaches the market between September 10th and October 5th, is the most generally used preserving variety. Other good cooking varieties are Bradshaw, Lombard, Yellow Egg, and Pond's Seedling.

GERMAN PLUM TART

Mix 2 cups flour, 1-3 cup sugar, 1 teaspoon baking powder. Rub 3 level teaspoons of butter in till it crumbles. Beat 1 egg into 1-3 cup of milk, then stir it into the flour with a fork. Roll a little thicker

than a pie crust. Line sides and bottom of deep layer-cake tin. Fill with halved and stoned plums. Sugar the fruit liberally. When ready for serving, heap with whipped cream.

PLUM SALAD

Scald plums, remove skins, and put on ice to harden; open side, remove stone, put in halved English walnut or an almond; arrange on lettuce, and serve with French dressing.

PLUM TRIFLE

Scald plums and remove stones; simmer till tender in cup of water mixed with cup of sugar; take up and cool. Put in glass dish and cover with whipped cream. Serve cold.

PLUM TART

Scald and peel good-sized plums, but do not remove stones. Fill deep baking dish, and sweeten; cover with thin, rich crust, and bake till brown.

PLUM JELLY

Cook to a pulp and strain; measure the juice, add pound for pound of hot sugar, and boil 20 minutes.

PICKLED PLUMS

Prepare as directed for pickled peaches—page 47.

APRICOT AND PLUM JAM

Use half and half of apricots and plums and make by usual methods for jams.

PLUM BUTTER

In jelly making, the plums left may be put through a sieve, then placed on a stove with equal quantity of sugar, cooking an hour or longer, till thick as desired. This may be spiced, if liked.

THE PEAR

The Bartlett Pear is the most popular variety both for dessert and for canning. The Beurre D'Anjou, B.C.'s principal winter pear, is also a very popular variety.

PEAR SALAD

Core and pare any pear not too ripe and soft. Serve on lettuce leaves with French dressing. If desired, dates and chopped nuts may be added.

PEAR FRITTERS

Mix and sift 1 1-3 cupfuls of flour, 2 teaspoonfuls of baking powder and $\frac{1}{4}$ teaspoonful of salt. Add gradually 2-3 cupful of milk and then add 1 egg, slightly beaten. Pare two large pears, cut in quarters, dip in batter, and fry in deep fat. Serve with a hot sauce.

COMPOTE OF PEARS

Stew pears in clarified syrup, flavor with strips of lemon peel, and serve cold.

PEARS AND ICE CREAM

Cut 2 pears in halves, remove cores, and simmer for 20 minutes in a little water with some sugar and vanilla. Place some vanilla ice cream in an ice timbale, arrange the pears in the ice, pour a spoonful of raspberry syrup over each pear and serve.

PEARS WITH RICE

Peel and halve 3 or 4 large pears of a good cooking kind, and simmer in water till three-parts cooked. Drain off half the water; add 2 table-spoonfuls of sugar and cook for 5 minutes longer. Boil for 6 minutes half a cupful of rice, draw off water, and finish cooking with milk and sugar till firm and smooth; add a little cream, a small piece of butter, some powdered sugar, and the juice of half an orange. Mix all well together and dress on a dish with the pears

BAKED PEARS

Wipe, quarter and core pears. Put in baking dish, sprinkle with sugar, or add a small quantity of molasses, then add enough water that pears will not burn. Cover, and cook 2 or 3 hours in a very slow oven. Serve with cream.

SWEET PICKLED PEARS

Pears, 7 lbs.; sugar, 4 lbs.; vinegar, 1 quart; whole cloves, 1 tablespoon; whole allspice, 1 tablespoon. Peel fruit, and boil with other ingredients until soft, but not broken. Strain juice and put in jars.

GINGER PEAR

Candied ginger root, $1\frac{1}{2}$ lbs.; pears, 8 lbs.; granulated sugar, 8 lbs.; lemons, 4. Pare fruit and slice into small pieces. Slice ginger, place pear, ginger and sugar on fire, and boil slowly for 1 hour. Do not put water with it unless pears are very dry. Put lemons in cold water and boil until tender; then cut them up fine, taking out seeds. After pears have boiled 1 hour, add them to the lemons, and boil together for another hour.

PEAR SAUTE

Pare 4 Bartlett pears, cut in fourths, lengthwise, and saute in butter until browned.

THE APPLE

AFTERTHOUGHT

One pint of nice apple sauce, sweetened to taste, stir in the yolks of 2 eggs, well beaten. Bake for 15 minutes. Cover with a meringue made of 2 well beaten whites and $\frac{1}{2}$ cup of powdered sugar. Return to the oven and brown.

APPLE BALLS WITH A MIXTURE OF FRUIT

Peel large apples, with a potato scoop cut out small balls, dropping them into water with a little vinegar added to keep them white. Prepare a mixture of grapefruit pulp, pineapple and banana and put into glasses; add a few of the apple balls; pour over all the juice left from the fruit which has been boiled down with sugar; cool and serve at once, or the apples may turn brown.

APPLE BALLS SERVED IN SYRUP

Prepare the apple balls as above; prepare a rich sugar syrup; color with a little pink color paste and drop in the balls, cook slowly until the balls are softened, pile in glasses and add a little syrup to each glass. Serve cold.

BROWN BETTY

One cup of bread crumbs, 8 sliced apples, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of cold water; butter a baking dish, put a layer of crumbs, then a layer of apples, sprinkle with cinnamon and sugar and dot with bits of butter; repeat until the dish is full; insert a knife in several places and pour in the water and molasses. Set in a pan of hot water and bake for forty-five minutes. Serve hot with cream or hard sauce.

APPLE BUTTER

Pare, core and quarter the desired quantity of apples, allowing one-third of sweet to two-thirds of sour apples. Boil sweet cider until it is reduced one-half. While the cider is boiling rapidly add apples until the mixture is the desired thickness. Cook slowly, stirring constantly and skimming when necessary. When the apples begin to separate from the cider, take 2 lbs. of sugar to each bushel of apples used; add a little ground cinnamon and boil until it remains in a smooth mass, when a little is cooled. Usually $1\frac{1}{2}$ bushels of apples are enough for $1\frac{1}{2}$ gallons of boiled cider.

APPLE CATCHUP

Quarter, pare and core 12 sour apples. Put in a saucepan, cover with water and let simmer until soft; nearly all of the water should be evaporated; rub through a sieve and add the following to each quart of pulp; 1 cup of sugar, 1 teaspoon of cloves, 1 teaspoon of mustard, 2 teaspoons of cinnamon, and add one tablespoon of salt, 2 cups of vinegar, and 2 grated onions. Bring the catchup to a boil and let simmer gently for 1 hour. Bottle, cork and seal.

APPLE CHARLOTTE

Soak $\frac{1}{2}$ box of granulated gelatine in $\frac{1}{2}$ cup of cold water for half an hour. Whip 1 pint of cream and set on ice; add $\frac{1}{2}$ cup of powdered sugar, a tablespoon of lemon juice and 2 good sized apples, grated. Dissolve the gelatine over hot water and strain into the mixture; stir quickly and pour into a mould. Set on ice to chill, and serve.

CLARIFIED APPLES

Make a syrup of 2 cups of sugar and 1 cup of water. Pare, core and cut into sixths 6 large, tart apples. Cook a few at a time in the syrup until clear, remove and drain; add the rind and juice of $\frac{1}{2}$ lemon to the syrup, boil until thick, remove the lemon rind and pour over the apples.

APPLE COBLER

Pare and quarter enough tart apples to fill a baking dish three-fourths full. Cover with a rich baking powder biscuit dough made soft enough to stir, spread it over the apples without rolling. Make several cuts in the centre to allow the steam to escape. Bake for three-quarters of an hour and serve hot with sugar and rich cream.

APPLE COMPOTE AND ORANGE MARMALADE

Boil 12 tart apples in 1 quart of water until tender, strain through a jelly bag; add 1 lb. of granu-

lated sugar and let boil. While boiling add 12 apples, cored and pared. When the apples are tender, drain them carefully in a perforated skimmer. Boil the syrup until it jells; fill the apples with orange marmalade and pour the syrup over them. Serve with whipped cream.

CRAB APPLE MARMALADE

Wash and core crab apples and put them through the meat chopper. Put into a preserving kettle and add water until it shows through the top layer of apples. 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 4 eggs and add $\frac{1}{2}$ cup of sugar; cook for 1 or 2 minutes and remove from the fire. Gradually add 1 pint of grated apple. Pour into a serving dish and cover with a meringue made of the well-beaten whites of 4 eggs and 3 tablespoons of powdered sugar.

APPLE CROQUETTES

Pare, quarter and core enough tart apples to make a pint; place in a saucepan with 1 small tablespoon 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 1 tablespoon of corn-starch and $\frac{1}{4}$ teaspoon of salt, mixed to a thin paste with cold water; stir until thickened, covered and cook slowly for 15 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 bread crumbs and fry in deep fat; drain on unglazed paper and serve with roast pork or roast goose.

APPLE FLOAT

A simple dessert may be made as follows: Beat the whites of 4 eggs to a stiff froth, add 4 tablespoons of powdered sugar and beat until dry. Grate 2 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.

APPLES WITH FRIED 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 centre with the fried onions and serve hot.

FRIED APPLES

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, skin 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.

APPLE FRITTERS

Mix and sift 1 1-3 cups of flour, 2 teaspoons of baking powder and $\frac{1}{4}$ teaspoon of salt. Add gradually, while stirring constantly, 2-3 of a cup of milk and 1 egg, well beaten. Wipe, core, pare and cut 2 medium sized sour apples into 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.

FRITTER BATTER

Yolks of 2 eggs, well beaten; add $\frac{1}{2}$ cup of milk, 1 tablespoon of olive oil, 1 saltspoon of salt, and flour enough to make a drop batter. When ready for use, add the well-beaten whites of 2 eggs.

APPLE GELATINE

Cover $\frac{1}{2}$ box of gelatine with half a cup of cold water and let stand for half an hour. Pare, core and quarter 6 tart apples, add the thin, yellow rind of half a lemon, cover with sweet cider or water, boil and press through a sieve; add 1 cup of sugar and juice of 1 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 $2\frac{1}{2}$ lbs. of sour apples. Put into a stew pan and add $1\frac{1}{2}$ cups of light brown sugar, the juice and rind of $1\frac{1}{2}$ lemons, $\frac{1}{2}$ oz. ginger, and just enough water to prevent the apples from burning. Cover and cook slowly for 4 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.

GARNISH FOR ROAST GOOSE

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

APPLE ICING

One cup of sugar, 1-3 cup of water, 1 saltspoon of cream of tartar; heat gradually and boil without stirring until the syrup will thread when dropped from a fork. Pour slowly over the well-beaten white of 1 egg, beating constantly, and continue until thick enough to spread. Add 2 tablespoons of grated apple, beat and spread on the cake.

APPLE JAM

Pare and cut apples into quarters, core and cut into rather thick slices; to every pound of apples allow 1 lb. of brown sugar, and to every 5 lbs. of apples allow the thinly cut rinds and juice of 4

lemons and $\frac{1}{2}$ lb. of ginger root and 1 oz. of cloves. Let stand in a bowl until the following day; boil until the apples are a rich amber color and perfectly clear.

APPLE JONATHAN

Peel and slice very thin 4 large or 5 small Greening apples; place in deep pudding dish or baking dish with 2 tablespoonfuls cold water. Make batter of 1-3 cupful of butter, 1 large cupful of granulated sugar, 2 eggs, beaten thoroughly, 2 large cupfuls flour, with 4 teaspoonfuls good baking powder and one teaspoonful salt, sifted together, stirring well; then add flour. Blend the whole for 5 minutes, then pour over the apples; let stand 5 minutes before placing in oven; bake 30 minutes.

SAUCE FOR APPLE JONATHAN

One and one-half cupfuls sweet milk, 1 tablespoonful butter, $\frac{1}{2}$ cupful sugar, 2 tablespoonfuls cornstarch, 3 heaping tablespoonfuls raspberry jam. Place milk in porcelain dish over fire, let boil slowly; mix butter, sugar and cornstarch together; add 1-3 cupful cold milk; mix until smooth, then stir slowly into the boiling milk; let boil 5 minutes, then remove from fire and add raspberry jam. To be served hot.

JELLIED APPLES

Peel, core and quarter 2 quarts of tart apples. Make a syrup of $1\frac{1}{2}$ pints of water and 2 cups of sugar; boil rapidly for 10 minutes. Cook the apples gently, a few at a time, until they are tender and clear. Remove them with a skimmer and spread on a platter. When the last of the fruit has been cooked, add $\frac{1}{2}$ package of gelatine which has been soaked in $\frac{1}{2}$ cup of cold water for 2 hours, the juice of 1 lemon, and stir until the gelatine is dissolved. Set the saucepan in cold water and stir until the mixture begins to thicken; drop the apples in and mix gently, turn into a mould and let harden. Serve with whipped cream.

APPLE LOAF

Reserve enough bread dough to make a small loaf. Work thoroughly into it 1 tablespoon of butter, 1-3 cup of sugar, $\frac{1}{4}$ teaspoon of cinnamon and 2 well-beaten eggs. Add flour to make a soft dough, knead lightly and let rise. Divide into 3 equal parts and roll each part to fit the pan. Lay 1 piece in a buttered pan, spread over it an inch layer of sour apples, chopped fine. Pour over the apples a tablespoon of melted butter; cover with the second piece of dough and continue as before; brush the top with milk and let rise until very light. Steam for 1 hour, then place in a hot oven to brown lightly. Serve in slices with sugar and cream.

APPLE MARMALADE

Pare, core and cut into small pieces coarse-grained apples. Allow 1 lb. of sugar to each lb. of apples. Add enough water to dissolve the sugar, and boil until thick; add the apples and boil until tender; pass through colander; add the juice and grate rind of a lemon to every 4 lbs. of fruit. Boil again until thick and put up in jars or glasses. Cover with paraffin.

Crab apple marmalade may be made in the same way with the lemon omitted. When cold, it should be cut like cream cheese.

APPLE MERINGUE

Two cups of steamed apple pulp, $\frac{1}{2}$ cup of sugar, 1 teaspoon of butter, $\frac{1}{2}$ teaspoon of cinnamon or nutmeg. Add the yolks of 2 eggs, slightly beaten, and 1 tablespoon of thick cream. Fill a deep pie tin lined with crust and bake without an upper crust. Make a meringue of the whites of two eggs and 2 tablespoons of sugar; brown in a very moderate oven.

APPLE OMELET—I.

To 8 large apples, stewed very soft and mashed fine, add 1 cup of sugar, and flavor with nutmeg or cinnamon. When cold, stir in 3 well-beaten eggs

and $\frac{1}{2}$ tablespoon cornstarch dissolved in 2 tablespoons of milk. Stir well and bake slowly 20 minutes. Serve hot.

APPLE OMELET—II.

Separate 4 eggs; beat whites to a very stiff froth; then add the yolks and beat again, adding gradually 2 tablespoons of powdered sugar. Have ready an omelet pan, in which 1 tablespoon of butter has been melted; pour the egg mixture into the pan, and when it begins to thicken, spread over it a layer of apple sauce. Fold, turn onto a hot platter, and serve at once with powdered sugar.

APPLES WITH OATMEAL

Core apples, leaving large cavities, pare and cook in a syrup made by boiling 1 cup of sugar with $1\frac{1}{2}$ cups of water for 5 minutes. When the apples are soft, drain and fill cavities with the hot, well-cooked meal, and serve with cream and sugar.

APPLE PAN DOWDY

Line a baking dish with thin slices of buttered bread. Fill in the centre with sliced apples, sprinkle over the top 4 tablespoons of dark brown sugar and $\frac{1}{2}$ teaspoon of cinnamon. Add $\frac{1}{2}$ cup of water and cover with another layer of buttered bread, with the buttered side up. Bake for 1 hour in a moderate oven. Serve with liquid pudding sauce.

APPLE PONE

Pare and chop fine 1 quart of sweet apples. Pour a pint of boiling water over 1 quart of white oatmeal; when cool, add enough sweet milk to make a very soft batter; add 2 tablespoons of sugar and $\frac{1}{2}$ teaspoonful of salt. Add the apples and pour into a well-buttered pan, cover, and bake in a moderate oven for 2 hours.

RAISED APPLE BISCUIT

Scald 1 cup of milk, add 1 tablespoonful of sugar and 1 tablespoon of butter; let cool. Add $\frac{1}{2}$ cake

of yeast dissolved in warm water, 1 teaspoonful of salt and 1 cup of flour. Let rise; add cup of apple, pared and grated, and 1 cup of flour sifted with $\frac{1}{2}$ teaspoon of soda. Let rise for 1 hour. Shape into 2 flat cakes, let them double their bulk, bake in hot oven, split while hot, and butter. Serve hot, with sugar and butter.

APPLES AND RICE

Pare and core apples, place in a baking dish and fill the holes in the apples with chopped raisins and sugar; fill the spaces between the apples with rice that has been boiled for 15 minutes. Cover and bake for 15 minutes, remove cover and bake for 15 minutes longer. Serve hot, with cream.

APPLE RELISH

Three lbs. of apples, diced with the skins on. Take 3 lbs. sugar, 1 lb. raisins, 1 lb. pecans, 2 oranges; remove peeling and grind it in meat grinder; then cut the orange into small pieces. Cook for 1 hour, adding the nuts 5 minutes before removing from the stove.

APPLE SHERBET

Boil 1 quart of apples in 1 pint of water until soft. Mash through a sieve. Add the juice of 1 orange and 1 lemon, $\frac{1}{2}$ lb. of sugar and 1 quart of water. Beat well and freeze. When it becomes like slush, add the well-beaten white of 1 egg and finish freezing.

STUFFED APPLES TO SERVE WITH TOAST

Into a large pan put $2\frac{1}{2}$ cups of white stock, add a bay leaf, 1 teaspoonful of minced onion, $\frac{1}{2}$ teaspoonful of salt and a very little pepper. Simmer for 20 minutes and strain. Pare and core 10 tart, red apples, put them in a granite pan, pour the stock around, cover and simmer until tender, but not broken. Carefully remove from the stock and set aside. Blanch 2 cupfuls of chestnut meats, slice,

cover with the stock, add 4 teaspoonfuls of currant jelly, $\frac{1}{2}$ saltspoonful of salt, a little paprika, and simmer until the nuts are tender. Fill the centre of the apples heaping full and garnish the roast meat with them.

APPLES EN SURPRISE

Make apple cups by cutting a thick slice from the stem end and removing the pulp with a teaspoon. Fill the cups with equal quantities of the apple pulp, pecan meats, and Maraschino cherries cut into small pieces. Add 1 teaspoon of sugar to each apple and bake until the apples are soft, but will hold their shape. Remove from the oven and add 1 teaspoon of Maraschino and 1 teaspoon of sherry to each cup.

APPLE SPONGE

Cover $\frac{1}{2}$ box of gelatine with cold water and allow it to stand for half an hour; then pour over it $\frac{1}{2}$ pint of boiling water and stir until dissolved. Mix a pint of strained apple sauce with the gelatine, add 1 lb. of sugar and stir until it melts, and the juice of 2 lemons. Set on ice until it begins to thicken. Beat the whites of 3 eggs to a stiff froth, stir into the apple mixture and pour into a mould. Serve with whipped cream.

APPLES STUFFED WITH FIGS

Pare and core large apples; fill centres with chopped figs, cover with sugar, place in a deep baking dish and add a little water; bake, basting well, frequently. Serve cold with cream.

APPLE SLUMP

Pare, core and quarter apples, add a little water and sugar to taste, stew until tender and cover with the following mixture: Sift 1 pint of flour and 1 teaspoon of baking powder, add a pinch of salt and 2 cups of milk, mix and turn out onto a lightly floured board. Roll to a $\frac{1}{2}$ -in. thickness and place over the stewed apples, cover and cook for 10 minutes without lifting the lid. Serve hot with cream and sugar or soft custard.

STUFFED APPLES

Cut the blossom end of good cooking apples. Scoop out the centre and fill with pecan meats; add 2 teaspoons of sugar and one teaspoon of brandy to each apple. Bake, with a little water in the pan, until tender, but not out of shape. Just before serving, press into each apple 3 or 4 brandied cherries.

APPLE TART

Line a deep, round pie tin with rich pie paste and fill it three-quarters full of apples, pared, cored and sliced. Dredge with sugar, put a twist of crust around the edge. When nearly baked, spread with a thin layer of orange marmalade and pour over a rich custard made of 1 cup of milk, 1 tablespoon of sugar and 2 egg yolks. Return to the oven and bake until the custard is set.

APPLE TARTS—I.

Line patty pans with nice crust, put in each chopped apples and a little sugar, bake in a moderate oven and let cool. Just before serving, cover each tart with whipped cream and place a drop of currant jelly on the top of each.

APPLE TARTS—II.

Roll a good paste into a rectangular sheet. Cream $\frac{1}{2}$ cup of butter, put over the pastry in small lumps. Roll up the pastry as for a jelly roll. Pat and roll this into a sheet and cut into rounds. With the small end of the pastry tube cut 3 small rounds from one-half of the circles of pastry. Place a teaspoonful of rather dry apple sauce, which has been sweetened and chilled, sprinkle with a little cinnamon, and brush the edges of the circle with cold water. Put a circle with holes over the apple sauce and press the edges together, brush the top with beaten egg and dredge lightly with sugar. Bake until a light brown.

APPLE TAFFY

To 1 lb. of sugar add $\frac{1}{2}$ tablespoon of vinegar and $\frac{1}{2}$ cup of juice drained from stewed apples. Put the ingredients in an agate saucepan and let boil to the "crack." Turn onto a buttered platter, and when cool enough to handle pull until white and glossy.

APPLE TAPIOCA

Soak three-fourths of a cup of tapioca for 1 hour in water to cover, drain, add $2\frac{1}{2}$ cups of boiling water and $\frac{1}{2}$ teaspoon of salt; cook in double boiler until transparent. Core and pare apples, arrange in a buttered baking dish, fill cavities with sugar, pour tapioca over apples and bake in a moderate oven until the apples are soft. Serve with sugar or cream or with cream sauce. Sago may be used instead of tapioca.

APPLE TURNOVERS—I.

Cut ordinary pie crust in squares. Put apple sauce through a sieve; add a few grains of salt and a few gratings of nutmeg. The apple sauce should not be too moist. Trace a figure on one side of the square of paste, on the other side diagonally place a spoonful of the apple sauce. Brush the edges of the paste around the apple with cold water, turn the other half of the paste over and press the edges closely together. Set the turnovers on a buttered baking sheet and brush the tops with slightly beaten white of egg, dust with granulated sugar and bake in a moderate oven.

APPLE TURNOVERS—II.

Sift together 1 pint of flour, $\frac{1}{2}$ teaspoon of salt and 2 level teaspoons of baking powder; rub into the dry ingredients 1 tablespoon of butter and add enough milk or water to make a soft dough. Roll $\frac{1}{2}$ -in. thick and cut with a biscuit cutter. Put 2 tablespoons of stewed apples on one-half of the dough; fold the other half over and pinch the edges together; place these in a baking pan, brush with milk and bake for 20 minutes.

APPLE WATER

Wipe, core and pare 1 large, sour apple, put 2 teaspoons of sugar in the cavity. Bake until tender; mash, pour 1 cup of boiling water over it and let stand $\frac{1}{2}$ hour, and strain. This is especially refreshing for fever patients.

APPLE WHIP

Pare, quarter and core 4 sour apples, steam until tender, and rub through a sieve; there should be $\frac{3}{4}$ of a cup of pulp. Beat on a platter the whites of 3 eggs, gradually add the apple pulp, sweetened to taste, and continue beating. Pipe lightly on a serving dish and chill. Serve with cream or soft custard.

BAKED APPLES—I.

Wipe and core sour apples. Place in a baking dish and fill centres with sugar and cinnamon, allowing $\frac{1}{2}$ cup of sugar and $\frac{1}{4}$ teaspoon of cinnamon to 8 apples. Cover the bottom of the dish with boiling water and bake in a hot oven until soft, basting often with syrup in the dish. Serve hot or cold with cream.

BAKED APPLES—II.

Peel and core tart apples; fill the holes with shredded citron, raisins, sugar, and a little lemon peel. Place in baking dish and pour over them $\frac{1}{2}$ cup of water and dust with granulated sugar. Bake in a slow oven until perfectly tender, sprinkle with soft bread crumbs and sugar; bake for 10 minutes and serve hot with cream or pudding sauce.

BAKED APPLES—III.

Core and pare large, tart apples; fill cavities with butter, sugar and spice and bake in the usual way. Cook parings, cores, and one large chopped apple in water to cover. Strain juice, add the juice of 1 lemon, and sugar in the proportion of two-thirds of a cupful to 1 cup of juice. Cook until it jellies and pour over the baked apples. Chill and serve with whipped cream.

APPLES BAKED IN STRAWBERRY JAM

Core tart apples and place in a baking dish; fill the cavities with strawberry jam and bake until soft. Serve hot with cream.

SLICED APPLES BAKED IN CREAM

Pare, core and slice several apples, put into a baking dish and cover with cream. Bake for 20 minutes. Another good breakfast dish is made by covering apples with well cooked oatmeal and baking for 20 minutes. Serve with cream.

BAKED APPLES WITH OATMEAL

Core apples; fill the space from which the core was taken with cold cooked oatmeal. Stand the apples in a baking dish, sprinkle with sugar and add $\frac{1}{2}$ cup of water. Bake in a moderate oven until soft. Serve with cream, using a little more oatmeal for garnish.

APPLE SAUCE CAKE

Cream $\frac{1}{2}$ cup of butter and beat in 1 cup of sugar; add a cup of raisins, chopped, and dredged with flour; 1 saltspoonful of salt, $1\frac{1}{2}$ teaspoonfuls of cinnamon and $\frac{1}{2}$ teaspoonful of grated nutmeg. Mix these ingredients. Dissolve 1 teaspoonful of baking soda in a little warm water and stir into a cupful of unsweetened apples; let it foam over into the ingredients and beat thoroughly; add 2 cups of flour and bake three-quarters of an hour in a moderate oven.

TO DRY APPLES

Select sound fruit that has matured. Pare, core and quarter, and slice lengthwise. String and dry near the fire, or spread on frames covered with muslin or netting, and let dry in the sun. If the winter apples are not keeping well it is a good plan to dry them to prevent waste. Although some have a prejudice against dried apples, they can be made very palatable with a little care.

APPLE DUMPLINGS

Take large baker's buns, slice off the outer crust and cut out so as to make a cup; brush over with melted butter and place in the oven to dry and brown. Bake medium-sized apples, from which the cores have been removed and the centre filled with butter and sugar. Place the apples in the cup and serve with whipped cream.

BAKED APPLE DUMPLINGS

Cut rich pie crust into 6-in. squares. In the centre of each, place a small apple, pared and cored. Fill the apples with sugar, cinnamon, and a whole clove. Wet the edges of the pastry with white of egg, fold it over the apple, pinch and flute to look well; bake about 40 minutes; towards the last brush the top with white of egg and sprinkle with sugar. Serve with hard sauce.

BOILED APPLE DUMPLINGS

Beat well, without separating, 2 eggs, add a pinch of salt, 1 pint of milk and 1 cup of flour. To a second cup of flour, add 2 teaspoons of baking powder; add this to the batter and as much more flour as is necessary to make a soft dough. Roll out quickly $\frac{1}{2}$ -in. thick. Cut into squares, lay 2 or 3 quarters of pared apples on each, sprinkle with sugar and pinch the dough around the apples. Have a number of pudding cloths ready, wrung out of cold water, and sprinkled well with flour. Put a dumpling in each, leave a little room for swelling, and tie tightly. Drop into a kettle of rapidly boiling water and keep the water at a steady boil for an hour. Serve hot with hard sauce.

Have a saucer in the bottom of kettle to prevent burning.

APPLE JELLY

Cut 12 lbs. of apples into quarters and core. Put into preserving kettle and add 6 quarts of water, cover and boil gently for 20 minutes. Drain over night and strain the juice. Boil rapidly for 5 min-

utes and add 1 lb. of hot sugar to each pint of juice; stir until the sugar dissolves, and boil quickly until it will form a jelly on the spoon or on a cold plate. Add the seeds of 2 vanilla beans and pour into sterilized glasses. Cover with paraffin.

APPLE AND MOUNTAIN ASH JELLY

Take equal parts of quartered apples and berries of the mountain ash. Boil until soft. Drain and add 1 lb. of sugar to each pint of juice. Boil until it jellies. Turn into tumblers and cover with paraffin.

APPLE AND RHUBARB JELLY

Cut apples into quarters. To every pound of apples add one cup of rhubarb juice. Let simmer until apples are soft. Strain through a jelly bag without pressure. To each pint of juice add 1 lb. of sugar. Boil briskly, stirring well and removing all scum until of the desired consistency. Pour into tumblers and cover with paraffin.

The addition of the thin outer rind of the lemon is considered an improvement to apple jelly.

APPLE PRESERVES

Use $\frac{3}{4}$ lb. of sugar to each lb. of apples. Good flavored apples that are not easily broken should be used. Make a rich syrup of sugar and water and add a little ginger root tied in a bag; add a little lemon juice and boil a few apples at a time until transparent. Place in jars or glasses; boil the syrup until very thick and pour over the apples. Crab apples make delicious preserves; core without paring until clear in a rich syrup, drain and place in jars; fill with the syrup boiled down.

PRESERVED APPLES (WHOLE)

Pare and core large, firm apples. Boil the parings in water for 15 minutes, allowing a pint to each lb. of parings. Strain, and add $\frac{3}{4}$ lb. of sugar to each pint of water, as measured at first; add the grated rind of $\frac{1}{4}$ lemon to each pint of syrup and

RED APPLES MAKE RED CHEEKS

return to the kettle and let boil for 5 minutes, skim and pour over the cold raw apples. Let stand until cold. Then cover and cook slowly until transparent. If directions are carefully followed the apples will remain unbroken.

APPLE PUDDING

Sift together $1\frac{1}{2}$ cups of flour, 2 teaspoons of sugar, $\frac{1}{4}$ teaspoon of salt, and $1\frac{1}{2}$ teaspoons of baking powder. Work into the dry ingredients 3 tablespoons of butter, and add $\frac{1}{2}$ cup of milk. Butter a quart pudding dish and fill two-thirds full of apples cut in quarters; sprinkle with sugar and add 2 teaspoons of lemon juice and $\frac{1}{2}$ teaspoon of nutmeg or cinnamon. Cover and bake until soft. Roll the dough mixture out lightly, place over the apples and bake for 20 minutes, and serve with hard sauce.

HARD SAUCE

Cream one-third cup of butter, gradually add 1 cup of powdered sugar and 2-3 teaspoon of vanilla.

APPLE CORNMEAL PUDDING

Pare, core and slice very thin 12 medium-sized King apples. To 1 quart of sweet milk add 1 quart of cornmeal, 1 teaspoon of salt, 4 tablespoons of chopped suet, 1 cup of molasses, 1 teaspoon of soda dissolved in the molasses, and the sliced apples. Stir well and stir into a well buttered pudding mould. Steam for 4 hours and serve hot with any good pudding sauce.

APPLE CUSTARD PUDDING

To 1 quart of pared and quartered apples add $\frac{1}{2}$ cup of water and stew until soft; remove from the fire and add $\frac{1}{2}$ cup of sugar, two tablespoons of butter and the juice and grated rind of 1 lemon. Mix 2 tablespoons of flour with 2 cups of fine bread crumbs, stir into the apple mixture and add the well beaten whites of 2 eggs. Pour into a buttered pudding dish and bake for 45 minutes in a moderate oven. Serve with hard sauce.

BREAD AND BUTTER APPLE PUDDING

Cover the bottom of a shallow, well buttered pudding with apple sauce. Butter slices of stale bread, cut into diamond-shaped pieces, and place as close together as possible over the apple sauce, buttered side up. Sprinkle with sugar and a few drops of vanilla. Bake in a moderate oven and serve hot with cream.

APPLE ROLY POLY PUDDING

Pare, core and slice sour apples; roll a rich baking powder dough $\frac{1}{2}$ -in. thick, lay the sliced apples on the dough and roll, tuck in the ends and prick deeply with a fork, steam for $1\frac{3}{4}$ hours, or wrap in a well-floured pudding cloth, tie up the ends, plunge into boiling water and boil for $\frac{3}{4}$ of an hour. Serve with hard sauce.

ROYAL APPLE PUDDING

Select enough large apples to fill a pudding dish; pare, cut a thick slice from the top and save, core and scrape out the centres until only a thin wall is left. To the scrapings add a finely chopped apple, a few chopped almonds and raisins, a little sugar and cinnamon. Press the mixture into the apple shells and replace the lids; place the apples in a well buttered baking dish; set in a pan of hot water and bake until the apples are tender. Beat 4 whole eggs until light colored, gradually add a scant cup of sugar and pour over the apples. Bake in a moderate oven until the meringue is done, and serve with cream or lemon sauce.

STEAMED APPLE PUDDING

Mix and sift 2 cups of flour, 4 teaspoons of baking powder and $\frac{1}{2}$ teaspoon of salt. Work in 2 tablespoons of butter and gradually add $\frac{3}{4}$ cup of milk. Toss on a floured board, pat and roll out. Have ready 4 apples, pared, cored and cut into eighths; place apples in centre of dough and sprinkle with 1 tablespoon of sugar mixed with $\frac{1}{4}$ tablespoon each

of salt and cinnamon or nutmeg; bring the dough around the apples and carefully lift into a buttered mould or a 5-lb. lard pail. Cover closely, place on a trivet in a kettle containing boiling water, cover the kettle and steam for 1 hour and 25 minutes, adding more boiling water if necessary. Allow the water to come up half way round the mould. Serve with Huntington sauce.

HUNTINGTON SAUCE

Boil 1 cup of molasses and $1\frac{1}{2}$ tablespoons of butter for 8 minutes. Remove from the fire and add 2 tablespoons of lemon juice, or if lemon juice is not at hand, add 1 tablespoon of vinegar.

SHAKER APPLE PIE

Pare, core and cut into eighths sour apples, and put into a lower crust; add half a pint of seeded raisins. Put on the upper crust, being careful to not let it stick to the lower crust. Bake in a slow oven until the apples are thoroughly cooked and the crust is nicely browned; this will require about 40 minutes. While the pie is hot take off the top crust and lay it aside, then with a wooden or silver knife stir the apples and remove any hard pieces that may be left. Add sugar, nutmeg, and a small piece of butter and replace the top crust.

APPLE WASHINGTON PIE

Take 2 large apples, grated, whites of 2 eggs, cupful of sugar, juice of half a lemon; beat this until thick and white and spread between layers of Washington pie (which is really a plain jelly cake), and then heap some on top.

ENGLISH APPLE PIE

Butter a shallow agate dish. Select one that is deeper than a pie plate. Fill the dish with sliced apples; sprinkle with a cup of sugar, half a teaspoon of salt and a little nutmeg. Put over it 2 teaspoons of butter in bits; add 3 tablespoons of cold water.

Cover with good paste and bake 40 minutes. Serve with cream.

FAIRY APPLE PIE

Core, quarter and steam 4 large, tart apples; rub through a sieve, sweeten to taste and chill. Beat the whites of 3 eggs until stiff and dry; add the apples and flavor to taste and beat again. Turn into a half-baked pastry shell and finish baking. Serve hot with plain or whipped cream and sugar.

FRESH APPLE CUSTARD PIE

To 1 pint of apple sauce add 1 quart of sweet milk, 4 eggs, 1 tablespoon cornstarch, pinch of salt, $\frac{1}{4}$ grated nutmeg, 1 tablespoon melted butter, juice of 1 lemon and grated rind of $\frac{1}{2}$ lemon, and bake with undercrust only.

POT APPLE PIE

Peel and quarter 8 nice tart apples (Greenings are the best), and slice in strips about $\frac{1}{2}$ lb. of fat salt pork, and mix a nice light biscuit dough. Then take an iron kettle and lay strips of the pork across the bottom about $\frac{1}{2}$ -in. apart; then lay on that loosely some of the quartered apples, then sugar and cinnamon, then slice your biscuit dough in strips about the same as the pork and crosswise, leaving about an inch between each strip. Repeat this operation until you have used up your material, having the biscuit dough on top. Then put down the side of the kettle carefully a cup of boiling water, cover and cook slowly for $1\frac{1}{2}$ hours, adding boiling water when necessary. This is delicious when served with whipped cream.

PLAIN PASTRY

Sift 1 cup of flour and $\frac{1}{4}$ teaspoon of salt into a bowl, rub into it 5 level tablespoons of shortening until the whole is reduced to a fine powder; add cold water, slowly, to make a stiff dough. Place on a slightly floured board and roll into a circular shape

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to fit the plate. Fit it loosely into the plate, as it shrinks when baked.

APPLE PIE—I.

Line a plate with good paste. Fill with thin slices of good cooking apples, sprinkle with $\frac{1}{2}$ cup of sugar which has been mixed with a heaping teaspoon of flour and a pinch of salt; cover with an upper crust and bake in a moderate oven for half an hour.

APPLE PIE—II.

Line a deep pie plate with good paste; pare, core and chop enough tart apples to make 1 quart; stir through the apples one cup of granulated sugar which has been mixed with 1 tablespoon of dry flour, and a pinch of salt. Squeeze the juice from half a lemon evenly through the apple mixture and fill the pie plate; dot with small pieces of butter. Lay $\frac{1}{2}$ -in. strips of pastry across the top, crossing them in diamond shape. Bake in a moderate oven.

APPLE PIE—III.

Pare, core and cut into eighths 4 or 5 sour apples; fill a pie plate that has been lined with paste. Mix 1-3 of a cup of sugar, $\frac{1}{8}$ teaspoon salt, $\frac{1}{4}$ teaspoon of nutmeg, 1 teaspoon of lemon juice, and a few gratings of lemon rind, sprinkle over the apples; dot over with 1 teaspoon of butter cut into bits. Wet edges of crust, cover with upper crust and bake 40 to 45 minutes in a moderate oven.

A good pie may be made without the lemon juice, butter or lemon rind. Evaporated apples may be used in place of fresh ones if soaked over night in cold water.

APPLE CUSTARD PIE

Heat a pint of milk steaming hot and pour it into a mixture of 3 eggs, slightly beaten, 3 heaping tablespoons of sugar, a pinch of salt and a very little nutmeg or lemon. Grate 1 cup of apple, using mellow, slightly tart fruit; add to the milk mixture and bake in a very moderate oven without an upper

crust. If the pie is baked too quickly the apple will separate from the milk.

APPLE AND COCOANUT PIE

Line a deep plate with pastry. Pare and grate apples, sweeten and flavor to taste with sugar and cinnamon or lemon. Sprinkle the pastry with well shredded cocoanut, fill out the apple mixture and bake. When almost done, sprinkle with cocoanut and do not leave in the oven long enough to brown.

RED APPLE SALAD

Make apple cups of bright red apples and put them into water containing a little lemon juice until time to fill them. Mix some of the apple pulp with celery, grapefruit carpels and mayonnaise dressing, and fill the apples. Garnish with red Maraschino cherries that have been drained and stuffed with blanched hazelnuts. Serve on lettuce leaves with wafers which have been spread with cream cheese mixed with tomato catsup.

APPLE, ORANGE AND PEACH SALAD

Equal parts of apples, peaches and oranges are cut into cubes and mixed with cream dressing. Serve in apple shells or in the rind of oranges.

APPLE AND NUT SALAD

Mix 1 pint of celery and 1 pint of apples, cut into small match-like pieces, with $\frac{1}{2}$ pint of English walnut meats, broken into small pieces. Dress with boiled salad dressing and serve in apple cups or on lettuce leaves.

BAKED APPLE SALAD

Bake Northern Spy apples until thoroughly done; remove the skin. Stuff the centres with nuts and serve with salad dressing and whipped cream.

APPLE AND BANANA SALAD

Slice bananas and roll in lemon juice and sugar; mix with an equal amount of sliced apples. Serve with boiled dressing or with mayonnaise dressing.

APPLE AND CABBAGE SALAD

Shave cabbage fine and soak for 1 hour in celery water, made by adding 1 teaspoon of celery salt to each quart of water. Drain and dry on a soft towel. Add an equal amount of apple cut into match-like pieces; mix with boiled dressing.

APPLE AND CHEESE SALAD

Mix chopped pecans with twice their bulk of cream cheese, adding a little thick cream to blend the mixture. Season with pepper and salt and make into tiny balls. Pare mellow, tart apples, core and slice across the centre into rings about $\frac{1}{2}$ -in. thick. Arrange rings on lettuce leaves and place several cheese balls in the centre. Serve cream salad dressing.

NEW ENGLAND APPLE SAUCE

Pare, core and quarter 12 tart apples of medium size. Put into an earthen jar or deep casserole; add $1\frac{1}{2}$ cups of sugar and 1 cup of water. Cover and bake slowly in a moderate oven until a deep red, from 2 to 3 hours.

APPLE SAUCE

Cut into eighths and core unpared King or Baldwin apples; cook quickly in thin syrup. The skins give it a pretty pink color.

APPLE AND CELERY SALAD

Pare, core and cut into $\frac{3}{8}$ -in. cubes mellow apples; mix with half the amount of celery, cut into $\frac{1}{4}$ -in. slices; add a little salt and put into a salad bowl. Mix with mayonnaise dressing and serve on lettuce leaves or garnish with celery tops.

NOVELTY APPLE SAUCE

Pour a good apple sauce into a flat serving dish. Sprinkle thickly with chopped almonds and cinnamon. Serve with cream.

APPLE CHICKEN SALAD

Take 6 ripe apples and scoop out the centres. Fill them with cold cooked chicken, minced fine, seasoned with finely minced green peppers and salt, with enough cream to moisten. Place apples in a steamer and cook until almost tender. Put them on ice and serve with-mayonnaise on lettuce.

APPLE AND DATE SALAD

Cut pared apples into tiny strips. Cut dates into similar pieces, using about one-fourth as much date as apple. To each pint of material add 2 table-spoonfuls of olive oil and turn the mixture over again. Let stand closely covered for half an hour. Turn into a bowl lined with lettuce leaves. Serve with bread and butter at luncheon or supper.

SPICED APPLE SAUCE

Wipe, quarter, pare and core 8 sour apples. Put in a saucepan, sprinkle with sugar; add 8 cloves and enough water to prevent apples from burning. Cook to a mush, stirring occasionally.

APPLE AND QUINCE PRESERVES

Pare, core and quarter Baldwin apples; add a third as many quinces that have been pared, cored and cut into small pieces and boiled until tender. Make a syrup of the water in which the quinces were boiled and as much sugar as there are apples and quinces. Let boil, skim and drop the quinces and apples in, and let boil for 15 minutes; dip out carefully and put into jelly glasses; boil the syrup until it will jelly and pour over the fruit.

APPLE CHIPS

Cut 8 lbs. of sweet apples into small pieces. Don't pare. Add 4 lbs. of sugar and $\frac{1}{4}$ lb. of Canton ginger. Add the sugar and ginger to the apples and let stand for 24 hours; add 4 lemons cut into small pieces, rejecting seeds. Cook slowly for 3 hours. Put into glasses or stone jars and cover with paraffin.

APPLE PIE DECORATED WITH CREAM AND CHEESE

Make an apple pie after your favorite recipe. Have ready a cream cheese, press through a ricer, cut and fold into the cheese a cup of double cream beaten until solid; add a few grains of salt. Put this mixture through a pastry tube, in any pattern, on top of the pie. Serve as a dessert at either luncheon or dinner.

DATE AND APPLE PIE

Line a plate with a rather rich crust; fill it with a mixture of chopped dates and apples, sprinkle over $\frac{1}{2}$ cup of sugar and 1 teaspoon of cinnamon; add 2 tablespoons of water; cover with a top crust and bake about $\frac{1}{2}$ hour in a moderate oven.

APPLE PEANUT SALAD

Pare, core and chop slightly acid apples and mix them with half as much chopped celery. Mix a dressing of peanut butter, using 5 tablespoons of lemon juice to 1 tablespoon of peanut butter. Mix dressing through the apples and celery and season with salt and cayenne pepper. Chill the salad and serve on lettuce and garnish with peanuts.

A NEW APPLE SALAD

Beat $\frac{1}{2}$ cup of double cream, a tablespoonful of lemon juice and $\frac{1}{4}$ teaspoonful of salt until firm throughout. Cook three apples, cored and pared, in a syrup of equal measures of sugar and water with 2 or 3 cloves and an inch of stick cinnamon, and set aside to become thoroughly chilled. Chop fine 4 Maraschino or candied cherries and 8 or 19 pecan nut meats or blanched almonds. Wash 3 small heads of lettuce, remove the outer leaves and cut the stalks so that the heads will stand level. Place the lettuce on plates with an apple in the centre of each. Mix the nuts and cherries through the cream and pour it over the apples.

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