

# CANADIAN GROWN APPLES

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FRUIT BRANCH  
DEPARTMENT OF AGRICULTURE  
OTTAWA · CANADA -



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# APPLE CULTURE IN CANADA

THE fruit industry has become one of the chief industries in Canada and the apple is by far the most important fruit grown due no doubt to the fact that Canada produces the best flavoured, most highly coloured and longest keeping apples. The area in the Dominion over which the apple can be grown successfully, commercially, is very great, so great, that if it were all covered with apple trees in bearing, there would be more than enough apples to supply the markets of the world. The extent of the apple industry so far as the quantity of fruit produced is concerned can be gathered from the following table compiled by the Fruit Branch, Department of Agriculture, Ottawa.

## PRODUCTION OF COMMERCIAL APPLES IN CANADA, 1921, 1922 and 1923

	1921 Bbbs.	1922 Bbbs.	1923 Bbbs.
Nova Scotia. . . . .	2,036,065	1,891,852	1,500,000
New Brunswick. . . . .	138,589	173,236	69,292
Quebec. . . . .	124,564	216,984	65,094
Ontario. . . . .	1,932,280	1,739,000	1,304,400
British Columbia. . . . .	1,136,202	1,022,333	1,124,933
Total for Canada. . . . .	5,367,700	5,043,405	4,063,719

NOVA SCOTIA.—The apple has been grown in Nova Scotia longer than in any other province in Canada with perhaps the exception of Quebec. It has been grown commercially for the last fifty or sixty years and the industry has now reached extensive proportions. The largest crop to date was produced in 1921 when 2,036,065 barrels were packed and sold from the Annapolis Valley and adjacent valleys which make a district of about one hundred miles long and from six to eleven miles wide. Large quantities of the superior quality apples grown in this province are exported annually to the markets of Great Britain.

NEW BRUNSWICK.—The climate of New Brunswick is admirably suited to the cultivating of the hardier apple and as some of the apples of the most attractive appearance and the best quality are among the hardier sorts this province is capable of producing a very large quantity of the finest fruit. At present practically the whole production of apples is consumed within the province.

PRINCE EDWARD ISLAND.—The culture of apples has not developed as rapidly on Prince Edward Island as the climate and soil justify. The apple succeeds well in the province and owing to the comparatively cool summer and autumn causing slow ripening, the fruit keeps as long or longer than in any other part of the Dominion. Apple trees have been grown on Prince Edward Island since about 1763 when the English first settled there.

QUEBEC.—There are records which show that as long ago as 1663 apples were being produced in Quebec. The capabilities of this province for the production of apples of the finest appearance and best quality are very great. It is here that the famous Fameuse apple is thought to have originated. In the Ottawa and St. Lawrence River Valley, throughout the Eastern Townships and in other parts of the province there are many thousands of acres which will

## Why Not Start the Apple Habit Now?

grow apples. Due to the large population in Quebec there are not at present sufficient apples grown within its boundaries to supply the local demand and large quantities are therefore imported each year.

ONTARIO.—This province is normally one of the largest producers of apples in the Dominion of Canada but the quantity now produced could be increased many times over without exhausting the land where the best apples can be grown successfully. The apples from Ontario are well and favourably known on the markets of Great Britain and Europe where large quantities are sold annually.

MANITOBA.—While apples in commercial quantities have not so far been produced in Manitoba more attention has been paid to its culture in this province than in either of the other Prairie Provinces. This is partly due to the fact that it has been longer settled and partly to the fact that the climate and soil in Southern Manitoba appear to be more suited for the cultivating of apples than other parts of the prairies. Experiments are now being made in an endeavour to develop varieties more suitable to the climate and, when this is obtained there is no doubt that apples will be grown much more generally in Manitoba.

SASKATCHEWAN.—Small apples or crab apples can be successfully grown in many places in the province of Saskatchewan and some apples of the very hardy Russian varieties have been matured.

ALBERTA.—The climate of Alberta varies much from north to south, some parts being very dry with but little snow in winter, other parts having a great rainfall and snowfall. The best results so far have been obtained in Southern Alberta where at the Experimental Station at Lethbridge good apples have been produced.

BRITISH COLUMBIA.—Apple growing in British Columbia was only begun in comparatively recent years but the development of commercial orcharding has been very rapid, the greatest planting having occurred during the period from 1909 to 1914. The climate of British Columbia is varied within short distances, both wet and dry growing seasons being found. The most noted district is that of the Okanagan Valley where some of the finest orchards in the province and in the Dominion are to be found. The boxed apples from this province are found in season on all the important markets in Great Britain and Europe from which the demand created by high quality is rapidly increasing.

## THE FRUIT ACT

The first Dominion of Canada Act—The Fruit Marks Act—making compulsory the grading of apples was passed in 1901. Since that time the Fruit Marks Act has been frequently amended to meet the growing needs of the industry and in 1923 the whole Act was repealed and The Fruit Act passed to take its place. The present Act provides for government inspection, penalties for dishonest packing and defines grades for fruit grown in Canada when packed in a closed package intended for sale as follows:—

### GRADES

3. (1) The following shall be the grades for fruit grown in Canada when packed in a closed package intended for sale, except as is hereinafter by subsection two of this section provided with respect to apples, crabapples and pears:—

#### No. 1 GRADE

- (a) "No. 1" which shall include only well grown handpicked specimens of one variety, sound, of not less than medium size and of good colour for the variety, of normal shape and not less than ninety per cent free from scab, worm-holes, bruises and other defects, no culls and properly packed;

## Try an Apple Pudding for Your Sunday Dinner

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### No. 2 GRADE

- (b) "No. 2" which shall include only handpicked specimens of not less than nearly medium size and some colour for the variety, sound and not less than eighty-five per cent free from scab, worm-holes, bruises, and other defects, no culls and properly packed;

### DOMESTIC GRADE

- (c) "Domestic" which shall include only handpicked specimens of not less than medium size for the variety, sound and not less than ninety per cent free from worm-holes (but may be slightly affected with scab and other minor defects), no culls, and properly packed;

### No. 3 GRADE

- (d) "No. 3" which shall include only handpicked specimens, no culls, and shall be properly packed.

### APPLES, CRABAPPLES AND PEARS IN BOXES

- (2) The following shall be the grades for apples, crabapples and pears grown in Canada when packed in boxes, intended for sale:—

### EXTRA FANCY GRADE

- (a) "Extra Fancy" which shall include only firm, mature, clean, smooth, handpicked, well-formed fruit of one variety, of good colour for the variety, free from all insect pests, diseases, bruises, spray burns, limb rub, visible water core, skin punctures or skin broken at the stem, russeting, except that russeting at the basin of the stem shall be permitted, and properly packed;

### FANCY GRADE

- (b) "Fancy" which shall include only firm, mature, clean, smooth, handpicked, well-formed fruit, of one variety, of fair colour for the variety and free from all insect pests, diseases, bruises, spray burns, visible water core, skin punctures or skin broken at the stem, provided that limb rub not exceeding one-half inch in diameter, and leaf rub and russeting up to ten per cent of the surface shall be permitted, and properly packed;

### "C" GRADE

- (c) "C" which shall include only fruit free from infection, soft bruises and broken skin, provided that this grade may include healed over stings and scab spots not to exceed one-half square inch in the aggregate, and properly packed;

### COMBINATION EXTRA FANCY AND FANCY GRADE

- (e) "Combination Extra Fancy and Fancy Grade" which shall consist of not less than twenty-five per cent of fruit of the quality of Extra Fancy, the remainder to be of a quality not lower than that required by the Fancy grade, and properly packed;

### COMBINATION FANCY AND "C" GRADE

- (e) "Combination Fancy and "C" Grade" which shall consist of not less than twenty-five per cent of fruit of the quality of Fancy, the remainder to be of a quality not lower than that required by the "C" grade, and properly packed.

In order to allow for variations incident to commercial grading, handling and packing in each of the grades mentioned in paragraphs (a), (b), (c), (d) and (e) of this subsection, ten per centum of any lot may be under the requirements of these grades.

## AWARDS

Apples grown in Canada have won some notable honours in England. At the Imperial Fruit Show held in London in 1922, Manchester 1923 and Birmingham 1924 the following prizes were awarded the apple exhibits from Canada after the keenest possible competition:—

	1922	1923	1924
1st Prize.....	17	15	17
2nd " .....	13	3	16
3rd " .....	9	2	10
Special. ....	7	5	5

The Canadian grown McIntosh, judged to be the best dessert apple in the British Empire, was awarded the first prize in the dessert class of the British Empire Section at both the 1923 and 1924 shows.

## ABOUT THE APPLE

The apple without question is the king of fruits; whether fresh, dried, evaporated or canned it is a wholesome food, easily prepared, attractive and palatable at all times.

Apples vary in flavour and texture. They are often marketed before they are mature and the cooking and keeping qualities are thus injured. The sound, tart apples are the most suitable for preserving but care should be taken to use them in their proper season. When this is done spices need not be added as their flavour cannot be improved.

Always cook apples in earthen or granite utensils and use silver, granite or wooden spoons for stirring. The use of the apple as the basis for all manufactured jam is well known. This is due to the large amount of pectosin which it contains. There is no waste to a good apple; even the paring and core may be utilized for jelly. Fruits are classified as flavour fruits and nutritive fruits—the apple comes under both of these heads.

AVERAGE COMPOSITION OF THE APPLE: water 82.5, carbohydrates 12.5, proteid .4, nitrogenous .4, fats .5, acids 1.0, cellulose 2.7 per cent.

## FOOD VALUE OF APPLES

From a dietetic standpoint the most important function of the apple is that of furnishing mineral salts and organic acids; but it has an important nutritive value as well, furnished by the carbohydrates present. As the fruit ripens starch changes to sugar. The apple has a medicinal value as well, especially if eaten at the beginning of a meal or between meals.

VARIETIES GOOD FOR COOKING: Duchess, King, Astrachan, Rhode Island Greening, Alexander, Baldwin, Gravenstein, Blenheim, Golden Russet, Spy, Ribston, St. Lawrence, Wealthy.

GOOD DESSERT APPLES: Wealthy, Fameuse, McIntosh Red, Spy, King, Jonathan, Spitzenburg, Delicious.

GOOD CIDER APPLES: Baldwin, Golden Russet, Gravenstein.

## USE APPLES IN THEIR SEASON

Taken in order of ripening, the first varieties ready for use are Red Astrachan, Transparent, Chenanga and Duchess, followed in order by Alexander, Wolf River, Gravenstein, Wealthy, Colvert, St. Lawrence, Maiden's Blush, Blenheim, Ribston, Hubbardson, Fameuse and McIntosh Red, the latter two being dessert apples. Many of these fall varieties will keep in a cool place until well into the winter.

## Apples, the Cheapest Medicine You Can Buy

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The first winter apples on the market, in order, are the King, Rhode Island Greening and Wagener, but these are closely followed by other excellent winter varieties such as the Baldwin, Seek, Pewaukee, Ontario, Jonathan, Yellow Newtown, Spy, Golden Russet, Ben Davis, Stark, Fallawater, Roxbury Russet, Spitzenburg and Rome Beauty.

No housewife should be without a box or barrel of Canadian-grown apples. The following table will give housewives and others an idea of the proper season or period, under normal conditions, during which various varieties should be used:—

SEPTEMBER: Duchess, Alexander, Maiden's Blush, St. Lawrence and similar varieties.

OCTOBER, NOVEMBER, DECEMBER: Gravenstein, Wealthy, Hubbardson, McIntosh Red, Fameuse, Blenheim, Ribston and similar varieties.

JANUARY, FEBRUARY: Baldwin, King, Wagener, Greening, Seek, Peewaukee, Ontario, Jonathan, Yellow Newtown and similar varieties.

MARCH, APRIL, MAY: Spy, Golden Russet, Ben Davis, Stark, Fallawater, Roxbury Russet, Spitzenburg, Rome Beauty and similar varieties.

## PRACTICAL APPLE RECIPES

### APPLE SAUCE—I

10 apples.  
 $\frac{3}{4}$  cup cold water.  
 $\frac{1}{2}$  cup sugar.

1 tablespoon lemon juice, or  
 $\frac{1}{3}$  teaspoon cinnamon, or  
Few gratings nutmeg.

Wipe, quarter, core and pare sour Canadian-grown apples; add the water and cook until the apples begin to grow soft; add the sugar and cook until thoroughly soft; press through a strainer, add flavouring and beat well.

### APPLE SAUCE—II

Wipe, quarter, pare and core eight sour Canadian-grown apples. Put in a saucepan, sprinkle with sugar; add enough water to prevent apples from burning. Cook slowly to a mush, stirring frequently.

### DRIED APPLE SAUCE

Wash Canadian-grown dried apples thoroughly and soak for several hours or overnight in fresh water. Cook slowly until tender, then sweeten to taste with sugar and cinnamon and cook a few minutes longer.

### CANNED APPLE SAUCE

Make any quantity of apple sauce, No. I or No. II, from Canadian-grown apples, fill in hot sterile glass jars; seal tightly. This apple sauce will keep as any other canned fruit.

### SPECIAL APPLE SAUCE FOR PORK DINNER

Core, but do not pare four large tart cooking Canadian-grown apples, and cut into quarters. Cover with boiling water and add a small piece of stick cinnamon and two whole cloves. Cook until very tender and rub through a coarse sieve. Return to fire and add one tablespoon of sharp vinegar or cider and one-half cup sugar. Cook ten minutes, then beat in one teaspoon butter. Serve hot with pork. This is used a great deal in the Southern States.

### ALMOND APPLE SAUCE

Pour a good apple sauce from Canadian-grown apples into a flat serving dish. Sprinkle thickly with chopped almonds and cinnamon. Serve hot or cold, with or without cream.

### APPLE SHERBET

Boil one quart of Canadian-grown apples in a pint of water until soft. Rub through a sieve; add the juice of one orange and one lemon, 1 cup sugar and 4 cups water. Beat well and freeze. When it becomes like a slush, add the well-beaten white of one egg and finish freezing.

### APPLE MARMALADE

Wash, quarter and cut into small pieces coarse-grained Canadian-grown apples. Add cold water and cook slowly until very soft; rub through a strainer and for each cup of apple pulp add  $\frac{3}{4}$  cup sugar. Add grated lemon rind and lemon juice allowing  $\frac{1}{2}$  lemon to every 6 cups apple pulp. Cook slowly, stirring very frequently until thick. Put up in jars or glasses and cover with paraffin. When cold it should cut like cream cheese or jelly. Preserved ginger cut fine may be added using 1 tablespoon for every 6 cups pulp.

### APPLE JAM

Pare and cut Canadian-grown apples into quarters, core and cut into rather thick slices. To every pound of apples allow  $\frac{3}{4}$  pound brown sugar and to every 5 pounds apples allow the juice and grated rind of 4 lemons and  $\frac{1}{2}$  pound



## An Apple a Day Keeps the Doctor Away

ginger root or preserved ginger. Let stand in a bowl until the following day; boil until the apples are a rich amber colour and perfectly clear.

### BAKED APPLE SAUCE

Fill a two-quart earthen pudding dish with alternate layers of sliced tart Canadian-grown apples and sugar; cover with water, place a cover over pudding; dish and bake in a slow oven two or three hours, being careful to add a little water if needed. If Spitzenburgs are used, when turned into dish it will be a mass of jelly as red as a cherry and the flavour unimpaired by cooking.

### CODDLED APPLES

2 cups boiling water.  
1 to 2 cups sugar.

8 apples.

Make a syrup by boiling sugar and boiling water five minutes. Core and pare Canadian-grown apples; cook slowly in syrup; cover closely and watch carefully. When tender lift out apples, add a little lemon juice to syrup and pour over apples. The cavities may be filled with jelly or raisins.

### APPLE PORCUPINE

Stick coddled apples with pieces of almonds blanched and cut lengthwise in spikes.

### APPLE BUTTER

1 pound apple pulp.  
Juice and grated rind of 1 orange  
or 1 lemon.

$\frac{3}{4}$  lb. sugar.  
1 quince.

Wash, pare and core Canadian-grown apples and quince. Cover parings with water. Cook for half an hour; drain and add this juice to apples and quince. Cook until the apples and quince are soft; press through sieve, add sugar, grated lemon rind and juice (or orange) and cook until thick and clear.

### APPLE CUPS

Wipe bright red Canadian-grown apples and cut slices from stem end. Scoop out pulp leaving cups. Chop pulp—there should be 2 cups pulp. Put in pan, add  $\frac{3}{4}$  pound brown sugar, juice and grated rind of 1 lemon, 1 ounce ginger root, pinch of salt and enough water to keep apples from burning. Cover and cook slowly until thick, adding water as necessary. Fill prepared cups.

### ALLERTON APPLES

Wipe, core and pare 6 large Canadian-grown apples and arrange in a baking dish. Mix  $\frac{3}{4}$  cup sugar, 1 teaspoon cinnamon and  $\frac{1}{4}$  teaspoon salt. Fill cavities with mixture, pour around  $\frac{1}{4}$  cup water and bake until apples are soft, basting very often with syrup in dish. Remove from oven, cool slightly and pile a meringue on top of each apple; return to oven and bake eight minutes. Chill and serve with sugar and thin cream.

*For Meringue.*—Beat whites of 2 eggs stiff, add 2 tablespoons powdered sugar gradually, while beating constantly. Flavour with  $\frac{1}{2}$  teaspoon vanilla.

### STEAMED APPLES—I

Wipe, core and pare sour Canadian-grown apples. Place on a plate in a steamer and cook till apples are tender; strain the juice and make a syrup by using one half as much sugar as juice; boil three minutes, add 1 tablespoon lemon juice and pour over the apples. When cold, they may be served with or without plain or whipped cream.

### STEAMED APPLES—II

Core and quarter Canadian-grown apples, remove any blemishes. Arrange in layers in dish and over each layer place a thin layer of sugar. Sprinkle

## Get a Box or Barrel of Apples Now

lightly with cinnamon or nutmeg. Do not peel apples. Place dish in steamer and steam over hot water until tender. It depends upon the size of the dish as to the time necessary. About 25 to 30 minutes for a medium dish.

### STEAMED APPLES—III

Select eight red Canadian-grown apples; cook in boiling water until soft, turning often. Have water half surrounding the apples. Remove the skins carefully that the red colour may remain.

To the water add one cup of sugar, the grated rind of  $\frac{1}{2}$  lemon and the juice of one orange. Simmer until reduced to 1 cup, cool and pour over apples.

### APPLE COMPÔTE

8 Canadian-grown apples.

1 cup sugar.

1 tablespoon lemon juice.

1 cup boiling water.

Thin shavings lemon rind.

Small piece of root ginger.

Wipe, quarter, core and pare sour Canadian-grown apples; cut into eighths. Make a syrup by boiling sugar, lemon rind, root ginger and boiling water five minutes. Remove lemon rind and add enough apples to cover bottom of saucepan; cook slowly, watch carefully and remove as soon as clear. Continue until all are cooked, add lemon juice and strain remaining syrup over apples.

### APPLE COMPÔTE—II

Core and cut into eighths red Canadian-grown apples, *not pared*; cook slowly in thin syrup as in Apple Compote I. The skins give it a very pretty pink colour and become very tender.

### JELLIED APPLES

Wash, quarter, core and pare sour Canadian-grown apples; cut in eighths. Cook until clear in syrup as for Apple Compote. Place on platter to drain. Make lemon jelly using syrup in which apples were cooked and the following proportions:—

2 tablespoons granulated gelatine

$\frac{1}{2}$  cup cold water.

2 cups boiling water.

1 cup sugar.

Lemon rind.

$\frac{1}{2}$  cup lemon juice.

Moisten mould (or individual moulds if desired) pour in a little jelly and let stand until nearly set; arrange apples and when set pour in jelly to nearly fill mould; chill, unmould and serve with cream and sugar.

### BAKED APPLES—I

Wipe, core and score sour Canadian-grown apples; place them in an agate baking dish and fill each centre with sugar and 1 teaspoon lemon juice or sugar and cinnamon (use 1 teaspoon cinnamon to 1 cup sugar); allow  $\frac{1}{2}$  cup water for 6 apples and pour it around, not over, them. Bake until the apples are soft, from 30 to 45 minutes, basting every 10 minutes; place them in a dish and pour the juice over them. When cold they may be served with or without, plain or whipped cream.

### BAKED APPLES—II

Pare and core good uniform Canadian-grown apples. Put into a baking pan, fill the centre of each apple with sugar and add a bit of butter on the top. Add enough water to cover the bottom of the pan. Cinnamon or nutmeg may be sprinkled on the top if desired. Bake in a hot oven until soft; baste very often with the juice in the pan.

### BAKED APPLES—III

Pare and core tart, Canadian-grown apples, fill cavities with raisins, citron, sugar and lemon peel. Place in a baking dish and pour over them  $\frac{1}{2}$  cup of water. Dust with granulated sugar. Bake in a slow oven until tender. Sprinkle with soft bread crumbs and sugar. Bake ten minutes and serve hot with cream or pudding sauce.

### BAKED APPLES WITH OATMEAL

Core Canadian-grown 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 one-half cup water. Bake in a moderate oven until soft. Serve with cream using a little more oatmeal for garnish.

### PANNED BAKED APPLES

Core and cut Canadian-grown apples into eighths. Put a layer in a baking dish, sprinkle with two tablespoons of sugar, add another layer of apples and continue until the dish is full. Add to each quart of apples 1 cup of water; cover the dish and bake in a quick oven until soft. The skin, which is left on, gives a fine flavour. Serve hot in the dish in which they were baked. This is very nice when served with the meat course at dinner.

### BAKED SWEET APPLES

Wipe and core eight sweet Canadian-grown apples. Put in baking dish and fill cavities with sugar allowing  $\frac{1}{4}$  cup. Add  $\frac{3}{4}$  cup of boiling water and cover; bake for three hours in a slow oven, basting frequently, and adding more water if necessary.

### BAKED APPLES, CREOLE STYLE

Cook cored Canadian-grown apples in a little water and lemon juice. Place in a dish and fill centres with jelly or marmalade. Add  $\frac{1}{4}$  cup of sugar to the liquid, boil and pour over the apples. On the top of each apple place a meringue. Put the apples in a moderate oven for 8 or 10 minutes. Serve cold.

### APPLES BAKED WITH ALMONDS

Core and pare six or eight tart Canadian-grown apples; let simmer till tender in a syrup made by boiling 1 cup of sugar and 1 cup of water for three minutes. Turn apples often to avoid breaking. If desired, a little lemon juice may be added to the syrup. Set the apples in an agate pan and press into them almonds which have been blanched and split in halves. Dredge with powdered sugar and brown in the oven. Serve hot with jelly or whipped cream and the cold syrup in which the apples were cooked.

### BAKED APPLES WITH STRAWBERRY JAM

Core tart Canadian-grown apples and place in a baking dish. Fill the cavities with strawberry jam, pour a little water into the pan to keep from sticking and bake until soft, basting very frequently. Serve hot or cold with or without cream.

## APPLE DESSERTS AND PUDDINGS

### BROWN BETTY—I

1 cup bread crumbs.	1 cup sugar.
8 sliced Canadian-grown apples.	$\frac{1}{2}$ cup cold water.

Butter a baking dish, put a layer of crumbs then a layer of Canadian-grown 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 sugar made into a syrup. Set in a pan of hot water and bake for forty-five minutes. Serve hot with cream or hard sauce.

### BROWN BETTY—II

1 large cup grated bread crumbs.	$\frac{1}{2}$ cup molasses.
6 or 8 sliced Canadian-grown apples.	Butter and spices.
	$\frac{1}{2}$ cup cold water and sugar.

Butter a baking dish; put on the bottom a layer of Canadian-grown apples; over this a layer of stale grated bread crumbs, just thick enough to cover the

## Apples Contain Salts Essential to the Body

apple; add little lumps of butter, sugar and a pinch each of cloves, allspice and cinnamon; then begin again with the apples, crumbs, etc., and continue until the dish is filled, ending with a thick layer of bread crumbs and lumps of butter. With a knife make a space on four sides between the dish and the pudding and pour in  $\frac{1}{2}$  cup of molasses and  $\frac{1}{2}$  cup of cold water. Smooth the spaces over, set the dish in a pan of boiling water and bake until the apples are tender and the crumbs slightly brown. Serve with cream or with lemon pudding sauce.

### SPICED APPLE PUDDING

3 cups bread crumbs.	3 cups chopped Canadian-grown apples.
1 cup sugar.	2 cups milk.
$\frac{1}{4}$ lb. raisins.	$\frac{1}{4}$ pound citron.
2 tbsp. rich fruit juice.	1 tsp. cinnamon.
$\frac{1}{2}$ tsp. ground cloves.	1 tsp. mace.
3 eggs (beaten separately).	

Scald the milk, stir in the crumbs and scald for 2 minutes. Remove from fire, mix together all the ingredients, adding lastly the whites of eggs beaten stiff. Butter pudding dish, fill with the batter and bake for about 40 minutes in a moderate oven. See that it browns evenly. Serve with custard sauce.

### CUSTARD SAUCE

$\frac{3}{4}$ cup of milk.	$1\frac{1}{2}$ tbsp. sugar.
Yolk of 1 egg.	Salt.
Few drops vanilla.	

Beat yolk of egg slightly, add sugar, salt; mix well; then gradually add hot milk. Cook over hot water, stirring constantly, until it thickens. Strain and, when cold, add flavouring.

### APPLE (OR CHERRY) PUDDING

2 eggs.	3 teaspoons baking powder.
1 cup sweet milk.	Flour for a stiff batter.
Canadian-grown apples in eighths or pitted cherries.	

Mix together all the ingredients for a stiff batter, stirring the milk into the flour; then stir in as many apples or cherries as the batter will hold. Steam 2 hours or more in a greased mould. Fill the mould not more than half full and cover closely. Serve with hard sauce. The pudding must steam without intermission or it will be heavy.

### OLD FASHIONED APPLE PUDDING

4 large tart Canadian-grown apples.	4 ounces stale bread crumbs.
1 tsp. ground cinnamon.	$\frac{1}{2}$ nutmeg grated.
1 tsp. salt.	4 eggs.

Pare and chop fine Canadian-grown apples; mix with the crumbs; beat yolks of eggs light and add to crumbs; then add salt, cinnamon, nutmeg and yolks of eggs; then stir in carefully the whites of eggs beaten stiff. Mix thoroughly; steam in a well greased mould 3 hours. Serve with custard or lemon sauce.

### LEMON SAUCE

4 tbsp. sugar.	1 tbsp. butter.
2 tbsp. flour.	2 drops lemon flavouring or
pinch salt.	grated lemon rind and
1 cup boiling water.	lemon juice.

Mix sugar, flour and salt well together; add gradually the boiling water and cook, stirring constantly, until there is no taste of raw starch. Remove from fire, add butter and flavouring.

### APPLES WITH JUNKET

Cook, or steam, Canadian-grown apples in syrup until tender. Set in individual dishes and sprinkle with chopped almonds. Make junket using following recipe:—

2 cups milk.	$\frac{1}{2}$ junket tablet dissolved in
1 tbsp. sugar.	$\frac{1}{2}$ tbsp. cold water.

Heat milk until *lukewarm*; add sugar and stir until dissolved. Add dissolved junket, stir for a moment and pour into the dish around the apples which have been cooled. The milk will jelly when cold; garnish with candied cherries and whipped cream.

### DELICIOUS APPLE PUDDING

Make  $1\frac{1}{2}$  pounds of peeled Canadian-grown apples into apple sauce, sweeten with sugar and spice to taste. Add 4 eggs,  $1\frac{1}{2}$  tablespoons of butter, melted, and flour to stiffen. Bake in a quick oven. Serve with lemon sauce or sugar and cream.

### APPLE CHARLOTTE

Pare and cut in quarters Canadian-grown apples. Cook in a small amount of water, boiling slowly until tender. Add sugar to taste and  $\frac{1}{2}$  teaspoon of butter, cook until dry. Cut bread  $\frac{1}{2}$ -inch thick and 1-inch wide and the depth of dish to be used, removing crusts. Dip in melted butter. Line baking dish with bread pieces overlapping. Use the crusts in bottom. Fill in with apples, cover with buttered crumbs, bake  $\frac{1}{2}$  hour in a hot oven. Turn out and serve with cream and sugar.

### APPLE WHIP—I

1 apple.	1 tablespoon sugar.
2 tablespoons water.	$\frac{1}{2}$ teaspoon lemon juice.

1 egg to 2 cups of apple pulp.

Pare, core and quarter Canadian-grown apples; cook in water until soft; add sugar and stir until a somewhat dry sauce is obtained. Remove from fire and add lemon juice. To 2 cups of apple pulp, add 1 beaten egg yolk and fold in the stiffly beaten white; pile lightly in a glass dish.

### APPLE WHIP—II

Pare, quarter and core 4 sour Canadian-grown apples, steam until tender and rub through a sieve; there should be  $\frac{3}{4}$  cup of pulp. Beat the whites of 3 eggs stiff, add gradually apple pulp which has been sweetened to taste and continue beating; when all is added and thoroughly mixed pile lightly on a dish and chill. Serve with cream or custard sauce.

### APPLE WHIP—III

1 pint boiled custard.	Sugar and flavouring to taste.
1 pint of apple sauce.	

Make a soft custard; prepare the apple sauce from Canadian-grown apples and press through a colander; when cold, whip both together with a Dover egg-beater, adding vanilla and sugar to taste. If desired, the whites of 2 eggs beaten stiff may be folded into the whip at the last moment. Serve very cold.

### APPLE À LA MANHATTAN

Pare and core 8 medium sized Canadian-grown apples; prepare 8 pieces of sponge cake 1 inch in thickness and of the same size as the apple; sprinkle with sugar and set them in oven until the sugar melts. Make a syrup by boiling 1 cup of sugar and 1 cup of boiling water 3 minutes, cook the apples very slowly in syrup until tender being careful not to break them. When tender, drain and

put an apple on each piece of cake. Add  $\frac{1}{2}$  glass of jelly to the syrup, cook until it is quite thick, then pour over the apples and cake. Garnish with whipped cream or cherries and nuts.

### APPLE SPONGE

2 tablespoons granulated gelatine.	1 cup boiling water.
$\frac{1}{4}$ cup cold water.	1 pound Canadian-grown apples.
2 lemons, juice and grated rind.	3 eggs.
2 cups sugar.	

Boil sugar and boiling water 3 minutes, peel, core and slice Canadian-grown apples; cook in syrup until tender; cover gelatine with cold water and soak until soft. When apples are finished stir the gelatine into them until dissolved. Remove from fire and press through a sieve; stir in the grated rind and lemon juice. Set away until cold and beginning to stiffen, beat egg whites stiff, stir apples, then stir in the beaten whites and continue to beat until thick. Pour into moistened mould and when set turn out and serve with Custard Sauce.

### APPLE SNOW—I

Stew some fine flavoured Canadian-grown sour apples until tender; sweeten to taste and rub through a sieve. To 2 cups of strained apples use the white of 1 egg; beat eggs stiff and gradually beat the apples into it and beat until quite stiff. It will be as white as snow. Serve with Custard Sauce and use more eggs if desired. The apple sauce should be thick and cold.

### APPLE SNOW—II

$\frac{1}{2}$ tablespoon lemon juice.	White of 1 egg.
1 tablespoon powdered sugar.	2 Canadian-grown apples.

Cut 2 small Canadian-grown apples into quarters and remove the cores. Cook them with a small amount of water until very soft; drain and rub through a fine sieve. Beat the white of the egg very stiff, add the sugar gradually, and slowly and gradually beat in the strained apple. Serve with cream.

### APPLES EN CASSEROLE

Pare, core and slice two quarts of Canadian-grown apples; put in an earthen dish, alternately, with one and one-half cups of sugar; add  $\frac{1}{4}$  cup of cold water, cover the dish and bake in a moderate oven, until tender. Serve either hot or cold with cream.

### APPLES À LA PARISIENNE

Pare several sour Canadian-grown apples; cut them in half crosswise and remove the cores. Cook them until tender in a syrup made of 1 cup of sugar and 1 cup of boiling water, being careful to retain the shape; drain the apples and set each half apple on a round of stale sponge cake, sprinkled lightly with orange juice and either orange or peach marmalade. Cover the apple with a meringue and some chopped almonds. Brown in the oven to a delicate brown. Serve either hot or cold.

### APPLES WITH OATMEAL

Core Canadian-grown 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 hot well-cooked oatmeal. Serve with cream and sugar.

### APPLE MERINGUE

2 cups apple sauce.  
 $\frac{3}{4}$  cup sugar.

1 teaspoon butter (melted).  
 $\frac{1}{2}$  teaspoon cinnamon or nutmeg.

Add the yolks of 2 eggs slightly beaten and 1 tablespoon of thick cream. Fill a deep pie tin and bake without an upper crust. Make a meringue of the whites of 2 eggs and 2 tablespoons of sugar. Brown in a very moderate oven.

### APPLE TAPIOCA OR SAGO

Soak  $\frac{1}{4}$  cup of tapioca for 1 hour in water to cover; drain, add  $2\frac{1}{2}$  cups boiling water,  $\frac{1}{2}$  teaspoon salt, cook in a double boiler, stirring frequently until transparent. Core and pare Canadian-grown apples; stick 4 whole cloves in each apple. Arrange in a buttered baking dish. Fill cavities with sugar and pour the cooked tapioca or sago over the apples. Bake in a moderate oven until the apples are soft. Serve with sugar and cream.

### APPLE TAPIOCA—II

1 cup tapioca and 1 cup cold water; let soak until soft; cook slowly until clear, adding more hot water if necessary. Peel, core and quarter Canadian-grown apples; put in buttered baking dish and pour over the cooked tapioca which has been seasoned with sugar, butter and nutmeg. Bake until the apples are tender.

### APPLE SPONGE PUDDING

Slice 6 Canadian-grown apples into a buttered pudding dish, pour over them the following batter:—

1 tablespoon butter.  
 $\frac{1}{2}$  cup sugar.  
2 eggs.  
 $\frac{3}{4}$  cup of sweet milk.

2 cups flour.  
3 teaspoons baking powder.  
 $\frac{1}{8}$  teaspoon of salt.  
Spice or flavouring.

Bake in a moderate oven and serve with cream or Lemon Sauce.

### STEAMED APPLE PUDDING

4 to 6 sour Canadian-grown  
apples.  
1 cup flour.  
 $\frac{1}{3}$  cup sugar.

2 teaspoons baking powder.  
 $\frac{1}{4}$  teaspoon salt.  
2 tablespoons butter.  
 $\frac{1}{2}$  cup milk.

Wipe, quarter, core, pare and slice Canadian-grown apples; place in a buttered baking dish; sprinkle with sugar and steam until nearly tender. Mix remaining ingredients as Tea Biscuit. Pour over apples, cover and steam 25 to 35 minutes longer. Turn on a hot plate; the apples should be on top. Serve with sugar and cream or Lemon Sauce.

### SCALLOPED APPLES

3 Canadian-grown apples  
(chopped).  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  tsp. cinnamon.  
 $\frac{1}{4}$  tsp. nutmeg.

2 tbsp. lemon juice.  
Grated lemon rind  
2 cups buttered crumbs  
 $\frac{1}{4}$  cup water.

Melt the butter and add the crumbs; mix the sugar, spice and lemon rind; put  $\frac{1}{4}$  of the crumbs in the bottom of a buttered baking dish; then  $\frac{1}{2}$  of the apples; sprinkle with  $\frac{1}{2}$  of the sugar and spice. Repeat, sprinkle the lemon juice over this and put the remaining crumbs on top. Bake 35 to 45 minutes. Cover during the first part of baking.

## Try a Baked Apple for Breakfast

### APPLE DUMPLINGS

1 cup flour.	2 tsp. baking powder.
$\frac{1}{4}$ tsp. salt.	2 tbsp. shortening.
$\frac{1}{3}$ cup water or milk.	4 apples.
$\frac{1}{2}$ cup sugar.	

Mix and sift the flour, baking powder and salt. Cut or rub in the shortening, add the liquid, mixing to a soft dough. Roll on a well-floured board to  $\frac{1}{4}$  of an inch thickness. Wipe, pare and core Canadian-grown apples. Cut dough in squares, place apple in centre of square and fill the centre with sugar and cinnamon. Moisten edge of dough. Draw dough up around apple to cover. Pierce with fork to allow steam to escape. Steam or bake until apple is tender. Serve with sugar and cream or lemon sauce.

### APPLE ROLY-POLY PUDDING

Pare, core and slice, sour, Canadian-grown apples, roll a rich baking powder dough  $\frac{1}{2}$  inch thick. Lay the sliced apples on the dough and roll as for jelly roll; tuck in the ends and prick deeply with fork. Place on a plate dredged with flour; cover with a cloth and steam 45 minutes. Serve with sugar and cream or a sauce.

### COTTAGE APPLE PUDDING

$\frac{1}{4}$ cup butter.	1 cup sugar.
1 egg.	$\frac{1}{2}$ cup milk.
$1\frac{1}{2}$ cup flour.	3 tsp. baking powder.
$\frac{1}{4}$ tsp. salt.	Sliced Canadian-grown apples.

Mix as plain cake; butter pudding dish, place sliced apples in the bottom of the dish, pour the batter over them and bake in a moderate oven 35 minutes. Serve with lemon sauce.

### DUTCH APPLE CAKE

2 cups flour.	$\frac{1}{2}$ tsp. salt.
3 tsps. baking powder.	$\frac{1}{2}$ cup butter.
1 egg.	$\frac{2}{3}$ cup milk.
2 sour Canadian-grown apples.	2 tbsp. sugar.
$\frac{1}{4}$ tsp. cinnamon.	

Mix and sift the dry ingredients, *except the sugar and cinnamon*, cut or rub in the butter, add the milk and beaten egg gradually. Spread  $\frac{1}{2}$  inch thick on a shallow buttered pan. Pare and cut the apples in sections lengthwise and set in rows on the dough with the sharp edges pressed lightly into the dough; sprinkle the top with sugar and cinnamon, bake in a hot oven 25 to 30 minutes. Serve hot with lemon or hard sauce.

### HARD SAUCE

$\frac{1}{3}$ cup butter.	1 cup sugar.
$\frac{1}{3}$ tsp. lemon juice.	$\frac{2}{3}$ tsp. vanilla.

Cream the butter, add the sugar gradually and beat thoroughly; add the flavouring and chill. Serve cold.

### FRITTER BATTER

2 eggs.	1 cup flour.
A speck of salt.	2 tbsp. melted butter.
$\frac{1}{2}$ cup cold water.	1 tsp. sugar.

Stir salt in egg yolk, add butter slowly, then sugar, and when well mixed stir in the flour slowly. Then add the water a little at the time. Beat well, set aside in a cold place for 2 hours, then fold in the beaten whites of eggs. The batter must be thick. If not soft enough add white of another egg.



## APPLE FRITTERS

Pare, core and quarter Canadian-grown apples; roll in powdered sugar and dip in fritter batter. Before sugar has time to dissolve, fry in deep fat like doughnuts. Roll in powdered sugar just before serving. Serve hot.

## APPLE SAUCE CAKE—I

1 cup white sugar.	1½ cups apple sauce made from
½ cup butter.	from Canadian-grown apples.
Pinch of salt.	

Beat sugar, salt and butter well together then add apple sauce; mix 2 cups flour, ½ tsp. cloves, nutmeg and cinnamon, 2 tsp. baking soda, 2 cups seeded raisins and add to the apple sauce mixture. Mix well and bake in a moderate oven about 40 minutes.

## DRIED APPLE FRUIT CAKE

1 cup butter.	¾ cup dried sour Canadian-
3 cups molasses.	grown apples.
1 cup stoned raisins.	1 tsp. baking powder.
1 tbsp. ground cinnamon.	1 tbsp. mace.
1 tbsp. lard.	1 cup sugar.
1½ pounds flour.	3 tsp. baking soda.
Juice of 1 lemon.	1 egg.
1 tsp. ground cloves.	Pinch of salt.

Soak the apples in water over night. Next morning drain, and chop. Put in a sauce pan with the molasses and spices. When they start to boil, put them a little aside where they will stew gently for 20 minutes, stirring occasionally to prevent scorching; set aside to cool; cream the butter and sugar; when the molasses and apple mixture is cold, stir in the butter, sugar, egg, flour and baking powder. Beat hard for 3 or 4 minutes, dissolve the soda in a few drops of boiling water; flour the raisins; then add soda to the apple mixture; mix thoroughly and stir in the raisins lightly and quickly. The batter should be thick enough to drop, not pour, from the spoon. Put into large loaf pans lined with well-greased thin paper. Fill ¾ full and bake in a moderately quick oven. After 15 minutes, when the cake should be set, turn off all excessive heat, put a brown paper over the top and bake slowly about 45 minutes. If the oven is too hot, the cake will crack and be heavy. Test with a knitting needle and when it comes out perfectly dry the cake is finished. This is an excellent cake and economical.

## RICE WITH APPLES

2 cup rice.	3 eggs.
½ cup sugar.	2 Canadian-grown apples
½ cup milk.	(steamed).

Pare and core the Canadian-grown apples; cut in eighths and cook until soft. Steam the rice; add the well-beaten yolks of eggs and sugar; mix well; add cooked apples; fold in the stiffly beaten whites and bake 30 minutes in a well buttered baking dish. Serve with cream.

## APPLE PIES

### GENERAL RULES

Pastry is mostly flour and fat. It is hard to digest even at its best and when served, should be light, flaky and tender.

The lightness of pastry depends upon the air enclosed in it; its flakiness upon the kind and amount of shortening and the method of mixing.

The essentials of good pastry are:—

(1) Good shortening.—Lard, butter or a combination of butter and beef dripping is suitable.

(2) Ice water. It is important that the ingredients be mixed cold.

(3) Pastry flour, which has more starch, makes a drier and more tender crust than bread flour.

(4) Salt, to flavour.

(5) Baking powder, to make the pastry lighter.

Proportion of ingredients. Use  $\frac{1}{4}$  to  $\frac{1}{3}$  as much shortening as flour and enough ice water to make a stiff dough.

### PLAIN PASTRY

1½ cups pastry flour.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{3}$ to $\frac{1}{2}$ cup shortening.	$\frac{1}{4}$ teaspoon baking powder.
Ice water to make a stiff dough.	

Mix and sift the dry ingredients; rub in half the shortening. Add the ice water and roll out the dough on a floured board. Put the remaining shortening on  $\frac{2}{3}$  of top in small pieces. Fold pastry, pat and roll out, repeat several times. This amount makes 2 crusts.

### APPLE PIE—I

4 or 5 sour Canadian-grown apples.	A few gratings of lemon rind.
$\frac{1}{4}$ teaspoon grated nutmeg.	$\frac{1}{2}$ cup sugar.
1 teaspoon butter.	$\frac{1}{8}$ teaspoon salt.
	1 teaspoon lemon juice.

Line pie plate with paste. Pare, core and cut apples into eighths; put a row around plate  $\frac{1}{2}$  inch from edge and work towards centre until the plate is covered; pile on remainder. Mix sugar, nutmeg, salt, lemon juice and grated rind and sprinkle over apples; dot over with butter. Wet edge of under crust, cover with upper crust and press edges together. Bake 40 to 45 minutes in moderate oven.

A very good pie may be made without butter, lemon juice and grated rind. Cinnamon may be substituted for nutmeg.

Dried Canadian-grown apples may be used in place of fresh apples but they should be soaked over night in cold water.

### APPLE PIE—II

Line a pie plate with good paste; fill with thin slices of Canadian-grown apples, sprinkle with  $\frac{1}{2}$  cup sugar which has been mixed with 1 teaspoon flour and a pinch of salt. Cover with upper crust and bake in a moderate oven until the apples are tender.

### APPLE PIE—III

Line a deep pie plate with good paste. Pare, core and chop 1 quart of tart Canadian-grown apples; mix with them 1 cup of granulated sugar mixed with 1 tablespoon flour and a pinch of salt. Squeeze the juice of  $\frac{1}{2}$  lemon evenly through the apple mixture and fill the pie plate; dot with small pieces of butter. Lay  $\frac{1}{2}$  inch strips of pastry across the top, crossing them in diamond shape. Bake in moderate oven until the apples are tender.

### APPLE PIE—IV

4 or 5 sour Canadian-grown apples.	$\frac{1}{2}$ cup sugar.
1 teaspoon nutmeg or cinnamon.	$\frac{1}{8}$ teaspoon salt.
1 teaspoon butter.	1 teaspoon lemon juice and a few gratings of lemon rind.

Place in small earthen baking dish and add hot water to prevent apples from burning. Cover closely and bake 3 hours in a slow oven when apples will

## Try an Apple Pie as Mother Used to Make it

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be a dark red colour. Brown sugar may be used instead of white sugar, a little more being required. Cool and bake between two crusts.

### RUSSIAN APPLE PIE

Bake 8 large tart Canadian-grown apples; rub through a sieve, chill. Add  $\frac{3}{4}$  cup sugar and the whites of 5 eggs beaten stiff with a few grains of salt. Beat the mixture until very light and white, and bake in a buttered pudding dish about 20 minutes. Serve hot with cream and sugar.

### MOTHER'S APPLE PIE

Fill the space between the crusts with Canadian-grown apples, sliced thin rounding up the slices so as to make a very full pie. Add 2 or 3 tablespoons of water and bake in a slow oven. When cooked, with a sharp knife cut around pie between the 2 crusts and carefully lift off the upper crust; add  $\frac{1}{2}$  cup of sugar, a few grains of salt, a tablespoon of butter and a little nutmeg. Mix thoroughly, and spread evenly over the crust. Replace the upper crust, pressing it down to meet the apples, if necessary, and sift powdered sugar over the top. Serve, when slightly cooled, with cream and sugar.

### ENGLISH APPLE PIE

Butter a shallow agate dish, deeper than a pie plate; fill the dish with sliced Canadian-grown apples. Sprinkle with a cup of sugar,  $\frac{1}{2}$  teaspoon salt, a little nutmeg or cinnamon; add 2 tablespoons butter in bits and 3 tablespoons of cold water. Cover with pastry and bake 40 minutes. Serve with cream.

### FAIRY APPLE PIE

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

### DATE AND APPLE PIE

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

### DRIED APPLE PIE

Wash the dried Canadian-grown apples thoroughly; soak over night in cold water; stew until tender. Rub through a sieve; add sugar, a little lemon rind and about 1 teaspoon butter. Fill and bake as any other pie. Serve warm with sweetened cream.

### APPLE CUSTARD PIE

Heat a pint of milk steaming hot; add it gradually to 3 eggs, slightly beaten, mixed with 3 tablespoons of sugar, a pinch of salt, a little nutmeg; mix thoroughly. Grate 1 cup of apple, using mellow slightly tart Canadian-grown fruit. Add to the milk mixture and bake in a slow 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 plain pastry. Pare, core and slice Canadian-grown apples, sweeten and flavour to taste with sugar and cinnamon or lemon. Sprinkle the pastry with well shredded cocoanut, fill with the apple mixture and bake until the apples are tender. When almost finished sprinkle with cocoanut but do not leave in the oven long enough to brown.

## Apples Hermetically Sealed from Pathogenic Germs

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### POT APPLE PIE

Pare and quarter 8 nice tart Canadian-grown apples (Greenings are best); slice in strips about  $\frac{1}{2}$  pound 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  $\frac{1}{2}$  inch apart; put on that loosely some of the quartered apples, then sugar and cinnamon; 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 biscuit dough on top. Then pour down the side of the kettle, carefully, a cup of boiling water, cover and slowly cook for  $1\frac{1}{2}$  hours, adding boiling water when necessary. This is delicious when served with whipped cream.

### BEATING AND BAKING A MERINGUE

Beat the whites of fresh eggs until stiff, add to each white 1 tablespoon powdered sugar; beat until so stiff that it can be cut with a knife; add 2 drops of Vanilla flavouring. Spread or drop on the pie and bake in a slow oven until a delicate brown. Too much sugar causes a meringue to liquify, if not baked long enough the same effect is produced.

## APPLE SALADS

### BAKED APPLE SALAD

Bake firm Canadian-grown apples until thoroughly tender. Stuff the centres with nuts and raisins and serve with salad dressing or whipped cream.

### WALDORF SALAD

Mix 1 cup tart Canadian-grown apples with 1 cup of celery and  $\frac{1}{2}$  cup of walnuts. Cut the apples and the celery in small dice and combine with mayonnaise or cream dressing. Add walnuts just before serving. Garnish with celery tips. This salad may be served in apple cups.

### GREEN PEPPER AND APPLE SALAD

Combine 1 cup celery, cut in dice, with 1 cup of tart Canadian-grown apples cut in dice and  $\frac{1}{2}$  cup of green peppers with boiled or mayonnaise dressing. Garnish and serve in the usual way.

### APPLE SALAD

Cut in dice  $\frac{1}{2}$  pound of cold veal or pork and 2 large tart Canadian-grown apples. Add 2 chopped pickles, 1 tablespoon of olive oil, 1 tablespoon of vinegar, salt and pepper and mix with mayonnaise dressing.

### APPLE AND BANANA SALAD

Slice bananas and roll in lemon juice and sugar. Mix with an equal amount of sliced Canadian-grown apples. Serve with boiled dressing or with mayonnaise dressing.

### APPLE CHICKEN SALAD

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

### APPLE AND CELERY SALAD

Pare, core and cut into cubes mellow Canadian-grown apples. Mix with  $\frac{1}{2}$  or an equal amount of celery cut in small cubes. Add a little salt. Mix with mayonnaise or boiled dressing and serve on lettuce leaves garnished with celery tips.

### APPLE, ORANGE AND PEACH SALAD

Cut into cubes equal parts of Canadian-grown apples, peaches and oranges. Mix with cream or boiled dressing. Serve in apple or orange cups or on lettuce.

### APPLE AND DATE SALAD

Cut in dice pared Canadian-grown apples. Cut dates into similar pieces, using  $\frac{1}{4}$  as much date as apple. To each pint of material add 2 tablespoons olive oil and mix well. Let stand in cool place closely covered for half an hour. Turn into bowl lined with lettuce leaves, add 1 tablespoon lemon juice. Serve with bread and butter at luncheon or supper.

### 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 Canadian-grown apples, core and slice across in centre into rings about  $\frac{1}{2}$  inch thick. Arrange rings on lettuce leaves and place several cheese balls in the centre. Serve with cream or salad dressing.

### APPLE PEANUT SALAD

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

### RED APPLE SALAD

Scoop out the centres of bright red Canadian-grown apples so as to make them into cups. Put them into water containing a little lemon juice until ready to fill them. Mix equal parts of the apple pulp with celery, grape fruit and cream dressing. Refill the apple cups. Garnish with Maraschino cherries and serve on lettuce leaves.

### BRAZILIAN SALAD

Remove skins and seeds from white grapes and cut in halves lengthwise. Add an equal quantity of Canadian-grown apples pared, cored and cut in small pieces, shredded fresh pineapple and celery cut in small pieces. Then add  $\frac{1}{2}$  quantity of Brazil nuts, broken in pieces. Mix thoroughly and season with lemon juice. Moisten with cream or mayonnaise dressing.

### BOILED DRESSING

$\frac{1}{2}$ teaspoon salt.	1 teaspoon mustard.
Cayenne.	1 tablespoon sugar.
1 tablespoon flour.	1 egg.
1 tablespoon butter.	$\frac{1}{2}$ cup boiling water.
$\frac{1}{4}$ cup vinegar.	

Mix dry ingredients thoroughly. Add butter and egg slightly beaten; then gradually add boiling water. When thoroughly blended, add the vinegar slowly. Cook over boiling water, stirring constantly, until the mixture thickens. Strain and cool. If desired, dressing may be thinned with cream.

### CREAM DRESSING

Yolks 2 eggs.	2 tablespoons vinegar.
1 tablespoon sugar.	2 tablespoons butter.
$\frac{1}{2}$ teaspoon salt.	Cayenne.
1 teaspoon mustard.	1 cup cream whipped until thick.
Pepper.	

Beat eggs, add vinegar slowly, sugar, butter and seasonings. Cook over hot water, stirring constantly, until thick and smooth. Cool. Beat in whipped cream just before serving.

## APPLE RELISHES

### APPLE OR GREEN MINCEMEAT FOR PIE

- |                                   |  |
|-----------------------------------|--|
| 1½ quarts sliced green tomatoes.  | 2 cups chopped tart Canadian-grown apples. |
| 1 chopped orange.                 | 1 pound raisins.                           |
| 3 cups medium brown sugar.        |  |
| 2 tablespoons mixed ground spice. |  |

Sprinkle tomatoes with salt and let stand over night; then drain and chop fine. Add apples and orange; simmer 2 hours, then add remaining ingredients and simmer 1 hour. As this will keep indefinitely, if canned as usual in sterile jars while boiling hot, a larger quantity can be made at a time.

### TICKLED APPLES

- |                                    |                       |
|------------------------------------|-----------------------|
| ½ peck tart Canadian-grown apples. | 2 lbs. brown sugar.   |
| 1 ounce stick cinnamon.            | 1 pint cider vinegar. |

Boil sugar, vinegar and cinnamon 20 minutes. Wipe, quarter, pare and core Canadian-grown apples; if large cut in eighths; stick 2 or 3 whole cloves in each piece of apple. Put into syrup, cook slowly until tender being very careful not to break. Put in only enough apples to cover the bottom of the saucepan. When these are finished remove and continue in the same way until all are cooked. Pour syrup over them.

### SPICED APPLES

- |                                       |                         |
|---------------------------------------|-------------------------|
| 7 lbs. Canadian-grown apples.         | Whole cloves.           |
| ¾ ounce stick cinnamon.               | ¾ ounce whole allspice. |
| ½ ounce ginger root.                  | 3 lbs. brown sugar.     |
| 1 pint cider vinegar.                 | ½ cup water.            |
| Thin shavings of rind from ½ a lemon. |                         |

Wipe, quarter, pare and core the apples; stick 3 cloves in each quarter. Mix remaining spices, divide into 2 parts and tie in small pieces of cheese cloth. Make a syrup by heating sugar, vinegar, water, spices and lemon rind. When it boils add apples and heat to boiling point. Remove from the fire and turn carefully into stone jar. Let stand 24 hours. In the morning drain the syrup from the apples. Heat it gradually to boiling point, then pour over fruit and let stand again 24 hours. Repeat this for 4 consecutive days. The last day cook the syrup down until there is just enough to cover the fruit. Add the fruit, heat again to boiling point, return to jar and cover. To finish in one day cook the apples in the syrup until tender, drain, then cook syrup slowly down to the required amount. Add fruit and finish as above.

### APPLE CHUTNEY

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 12 sour Canadian-grown apples. | 1 mild onion.                     |
| 3 peppers—1 red.               | 1 cup seeded and chopped raisins. |
| 1 pint cider vinegar.          | 2 cups sugar.                     |
| ½ cup currant jelly.           | 1 tablespoon ground ginger.       |
| Juice 4 lemons.                | 1 tablespoon salt.                |
| ½ teaspoon Cayenne.            |                                   |

Chop the apples, onion and peppers very fine, add the vinegar and jelly and let simmer 1 hour, stirring often; add the other ingredients and cook another hour, stirring constantly. Store as canned fruit.

### CRABAPPLE RELISH

6 lbs. Canadian-grown crabapples (cored and chopped).	1 lb. raisins (seeded and chopped)
2 oranges (grated rind and juice)	1 teaspoon cinnamon.
6 lbs. sugar.	1 pint cider vinegar.
1 teaspoon ground cloves.	

Cook crabs, raisins and vinegar until soft; add sugar and spice and cook, stirring frequently, until thick. About 10 minutes before removing from the heat add the orange rind and juice.

### APPLE CATSUP

Quarter, core and pare 12 sour Canadian-grown 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 to each quart of pulp add the following:—

1 cup sugar.	1 teaspoon cloves.
1 teaspoon mustard.	2 teaspoons cinnamon.
1 tablespoon salt.	2 cups cider vinegar.
2 grated onions.	

Bring the catsup to a boil and let simmer gently for 1 hour. Bottle, cork and seal.

### APPLE RELISH

7 lbs. diced Canadian-grown apples (leave skins on).	3 lbs sugar.
½ lb. pecans or walnuts.	1 lb. raisins (seeded-seedless).
	2 oranges (juice and grated rinds).

Core and dice the apples leaving the skins on; grate and squeeze the oranges; mix all ingredients well then cook all slowly for 1 hour, adding the nuts 5 minutes before removing from the stove. Let stand overnight before cooling if possible.

### SPICED CRABAPPLES

Select round Siberian or Transcendent crabs with the stems on. Boil 3 lbs. brown sugar, 1½ pints of cider vinegar, 2 ounces stick cinnamon, about 20 minutes. Drop a few crabapples into the syrup, turn and cook until tender, remove and place in jars. Continue until the apples are all used. Boil the syrup down and pour over the fruit.

### SAUSAGES AND FRIED APPLES

Prick the sausage well with a fork. Place in deep frying pan; pour in enough boiling water to cover bottom; cover and cook over a moderate fire. When the water evaporates remove, cover and turn several times that they may be nicely browned. Turn onto a platter. Core a number of large tart Canadian-grown apples. Cut them in rings an inch thick and fry in the sausage fat. Garnish the sausage with apples and serve.

### APPLE AND GINGER CHIPS

Cut 8 pounds sweet Canadian-grown apples into small pieces. Don't pare them. Add 4 pounds sugar, ¼ pound preserved ginger; let stand 24 hours. Add 4 lemons, cut into small pieces, rejecting seeds. Cook slowly for 3 hours. Put into glasses or stone jars; cover with paraffin.

### TO DRY APPLES

Select sound Canadian-grown apples that have matured. Pare, core, quarter and slice lengthwise. String and dry near the fire or spread on frames covered with muslin 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.

## Why Not Start the Apple Habit Now?

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### APPLE JELLY

Wash the Canadian-grown apples, remove the stems and dark spots; cut into fourths *but do not pare or core*. Add just enough water to cover the apples and cook until the fruit is soft and crushes. Drain through a jelly bag. The pulp that remains may be put through a colander with more fruit for flavouring and used for jam. For the jelly, measure the juice and add  $\frac{3}{4}$  the amount of sugar. Boil the juice slowly for 20 minutes, remove the scum and add the heated sugar. Boil about 5 minutes, or until it jells. Pour into hot sterilized glasses and seal when cold.

Crabapple jelly is made in a similar way.

### APPLE AND RHUBARB JELLY

Cut Canadian-grown apples into quarters. To every pound of apples add 1 cup rhubarb juice. Let simmer until apples are soft. Strain through a jelly bag without pressure. To each pint of juice add 1 pound sugar. Boil slowly, removing all scum until it will jell. Pour into tumblers and seal with paraffin.

### APPLE JAM

Peel and core  $\frac{1}{2}$  peck Canadian-grown apples; put through a food chopper together with 2 lemons and  $\frac{1}{2}$  cup preserved ginger or ginger root. Weigh and add  $\frac{3}{4}$  as much sugar and  $\frac{1}{2}$  cup water. Simmer until thick and rich—about 2 hours. Pour into clean hot sterilized glasses.

### GLACÉ APPLES

2 cups sugar.	1 cup boiling water.
$\frac{1}{8}$ teaspoon cream of tartar.	$\frac{1}{8}$ cup vinegar.

Boil water, sugar, cream of tartar and vinegar, without stirring, until the syrup changes colour slightly and is very brittle when tried in cold water. Remove from fire and place over hot water. Wash and polish small whole red Canadian-grown apples; dip whole in syrup seeing that each apple is well coated with syrup; remove from the syrup and place on waxed paper till hard. These are nice for Hallowe'en or children's parties.

### CANDIED OR GLAZED APPLES

2 cups sugar.	1 cup boiling water.
Lemon juice.	

Wipe, pare and core tart Canadian-grown apples; cut in eighths lengthwise. Make a heavy syrup by boiling sugar and boiling water 5 minutes; add lemon juice and apples; cover and cook *slowly*, putting in only enough apples to cover the bottom of saucepan. Remove as soon as tender and clear. Roll in granulated sugar each day till pieces will take no more sugar. These are particularly nice with other confections.

### APPLE FLOAT

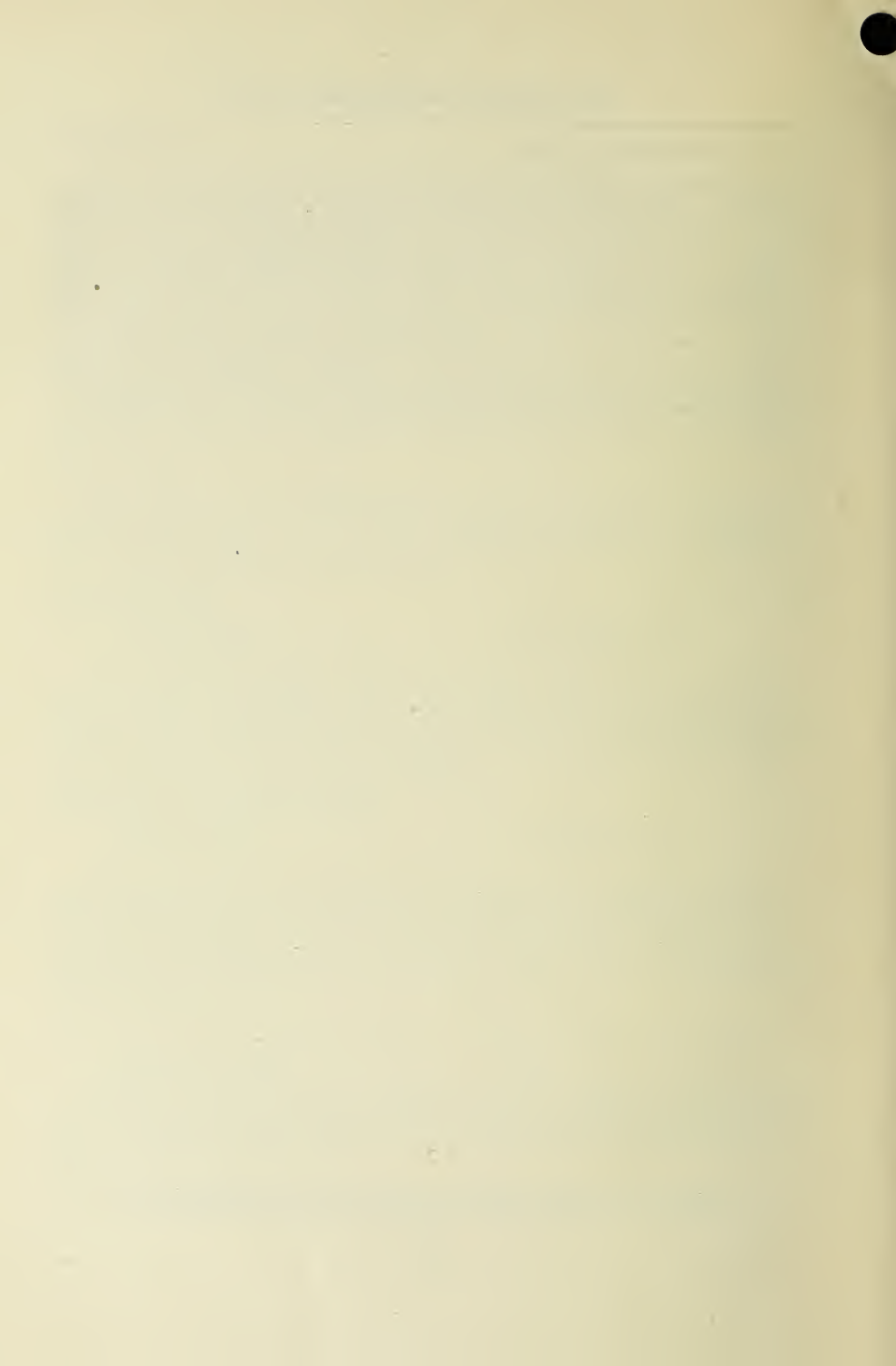
2 cups stewed well-mashed apples.	Whites 3 eggs beaten to a stiff froth.
4 tablespoons sugar.	

Mix well together and serve in individual glass dishes together with a Custard made with the yolks of 3 eggs, 2 tablespoons sugar, a pinch of salt,  $1\frac{1}{2}$  cups of milk and vanilla. When Custard is cold surround the Apple Float with it, garnishing with a cherry or nut.



### APPLE FLOATING ISLAND

Boil together 2 cups of water and  $\frac{3}{4}$  cup of sugar for 10 minutes. In the meantime, wash, pare, and core 6 large firm apples. Place them in the syrup, cover tightly and cook gently until the apples are tender. Then carefully remove the apples and place them in a shallow baking-dish. Let the syrup boil until reduced and thickened. Then pour it over the apples and allow to cool. Meanwhile, make a meringue by beating 2 egg-whites stiff and adding to them 3 tablespoons of granulated sugar. Pile the meringue on top of the apples and bake for 15 minutes or until a delicate brown in colour. With the egg-yolks make a Custard sauce:—beat the yolks slightly, add 2 tablespoons sugar mixed with a pinch of salt; mix well and add gradually 1 cup milk. Cook, stirring constantly, until the mixture coats a spoon. Remove from the fire and cool. Just before serving, pour the custard around the apples or serve in a glass pitcher.



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# APPLE RECIPES



## FRUIT BRANCH



G. E. MCINTOSH  
COMMISSIONER

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