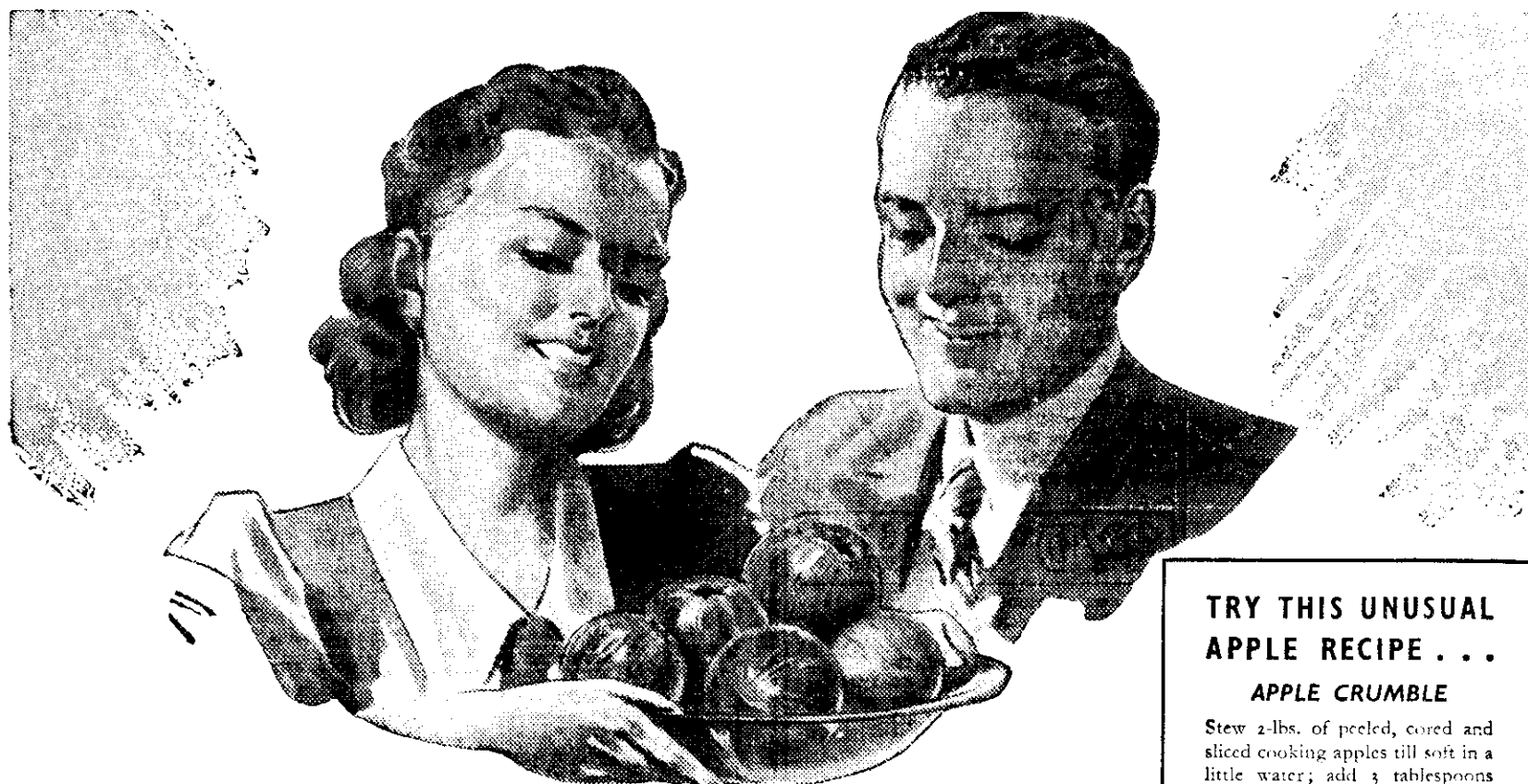


APPLES *are Health-Giving!*



**APPLES ARE PLENTIFUL...APPLES ARE CHEAP!
USE MORE APPLES FOR COOKING AND DESSERT!**

WHAT could be more palate-tempting than a ripe, scrunchy apple . . . sweet, juicy, health-giving! The high, natural sugar content makes apples a valuable article of food. Also, apples contain important vitamins . . . A, B and C, and minerals of value. The old jingle, "An apple a day, keeps the doctor away," had its

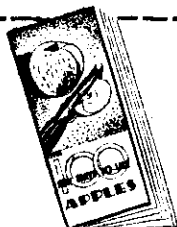
origin in sound scientific fact. So, for your health's sake, eat *more* apples . . . not just the two a week, which is New Zealand's average consumption, but *several* a day. And ask for apple pies and puddings, apple drinks and cold sweets . . . delicious! Apples are cheap, valuable . . . and good for you.

TRY THIS UNUSUAL APPLE RECIPE . . .

APPLE CRUMBLE

Stew 2-lbs. of peeled, cored and sliced cooking apples till soft in a little water; add 3 tablespoons golden syrup and 3 tablespoons minced preserved ginger. When cooked pour into buttered pie dish and cool. Mix together 1 small cup self-raising flour, $\frac{1}{2}$ cup brown sugar and 2 tablespoons butter, work till like large breadcrumbs, sprinkle this over the cool apples and then sprinkle thickly with desiccated coconut and bake 25 minutes in moderate oven.

EAT MORE APPLES



FREE

SEND FOR THIS RECIPE BOOK

A wonderful little book of apple recipes. Send a penny stamp to cover postage to "EAT MORE APPLES," Dept. 20, P.O. Box 1500, Wellington.

NAME (Block letters) _____

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them
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Listen to the 'APPLE QUIZ' All Z.B. Stations - Every Saturday, 8 p.m.