



# It's APPLE Time

**Health-Giving Apples Are Plentiful And Cheap**  
**TRY THESE DELICIOUS APPLE RECIPES**

## APPLE CARAMEL PUDDING

Two cups flour, 2 tablespoons sugar, 2 tablespoons shortening, either good dripping or butter, 2 or more large apples, 2 teaspoons baking powder, pinch of salt,  $\frac{1}{2}$  cup milk. Mix all dry ingredients. Rub butter into flour. Mix into stiff dough with milk and roll out. Grate or chop apples over, and if liked, sprinkle little cinnamon over, also a few sultanas and a little chopped peel. Roll up and put in large pie dish. Make a syrup of 2 cups cold water,  $\frac{1}{2}$  cup sugar, 1 tablespoon butter, and, if liked, juice of lemon. Pour this over. Bake in a good oven about three-quarters of an hour.

## APPLE SHORTCAKE

One pound flour, 4ozs. sugar, 4ozs. margarine, 1 teaspoon baking powder, 4ozs. lard, pinch salt. Milk to mix. Roll out like pastry, line a tin with half, put layer of sliced apples sprinkled with sugar thickly, and cover with rest of pastry. Bake half an hour.

## APPLE SPONGE

One and a-half cups flour, 2ozs. butter, 1 egg, 2 teaspoons cream of tartar, 1 teaspoon bicarbonate of soda,  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup milk, essence of lemon, pinch salt. Sift flour, salt and cream of tartar. Cream butter and sugar; add well beaten egg and milk with soda dissolved in it; add sifted flour. Pour over hot stewed apples, and bake till golden brown, about half an hour.

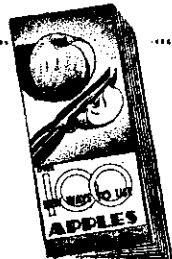
## STEAMED APPLE PUFF

Two tablespoons butter, 2 tablespoons sugar, 1 egg, 1 cup flour, 1 teaspoon baking powder, and a little milk. Cream butter and sugar, add eggs, then flour and enough milk to make a thick batter. Put a layer of warm stewed apples in a greased bowl, then a layer of batter and a layer of apples until bowl is full. Cover with greased paper, and steam for  $1\frac{1}{2}$  hours.

## APPLE CUSTARD

Pare and grate 2 large apples; add 4 tablespoons melted butter, 8 tablespoons sugar, juice and grated rind of 1 lemon, yolks and white of 4 eggs, beaten separately; line dish with puff pastry; bake

**EAT MORE APPLES**



## SEND FOR THIS FREE RECIPE BOOK

A wonderful little book of recipes. Send a penny stamp to cover postage, etc., to "Eat More Apples," Dept. 20, P.O. Box 1500, WELLINGTON.

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