

**A CASE FOR ECONOMY!**

*See what a case of*  
**APPLES**  
*makes...*



**APPLES ADD  
 VARIETY TO  
 LUNCHEONS AND TEAS**

Apple Savouries are always popular. Try apple and liver dish, apples stuffed with pork, apple savoury turnover.

**NOVEL BREAKFAST  
 DISHES**

Bacon with apple rings... stewed apples with cereal... apple porridge de luxe... apple omelet... there are lots of delightful, health-giving apple dishes for breakfast.

**DELICIOUS DESSERTS**

In your cookery book there are dozens of tempting apple dessert recipes. And here's a novel suggestion... sliced fresh apples with cream — simply sliced fresh apple with cream and sugar. It's delicious. Use more apples in your desserts.

**SEND FOR  
 FREE  
 APPLE RECIPE BOOK**

All these Recipes and many other suggestions are incorporated in a wonderful little book of Apple Recipes. Send Id. stamp to cover postage to "Eat More Apples," P.O. Box 1500, Wellington. Write Now!

A case of apples goes a long way! It adds an Infinite variety of delightful new dishes to your menu for every meal... stocks up your cupboards with jams, jellies, chutneys and preserves... enables all the family to eat plenty of fresh apples. And, whichever way you use them, apples are good for you. Apples are plentiful and cheap now. Buy your case today. Make the most of it by carrying out these suggestions...

**PRESERVED  
 IN SYRUP**

Apples are especially delicious. Now, while apples are plentiful and cheap, preserve them for tempting dessert dishes later on.

**APPLE  
 JELLY  
 JAMS, CHUTNEYS, SAUCES**

There are recipes in great variety. Use half your case to build up your preserve cupboard. You'll be surprised and delighted with the amount you can make with 20lbs. of apples.

**Order Your CASE Today**

**THE CHEAPER HEALTH FOOD!**