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THE 3 POINT CORN CURE



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② OF H.E. PROTECTING ADHESIVE SHEET WHICH RELIEVES ALL FOOT PRESSURE.
③ FINE SEDATIVE AND ANAESTHETIC STRIP FIXES THE CORN CAP.

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Cure Corns in Comfort

1/3 PER BOX

CURES WARTS TOO!

FROM ALL CHEMISTS AND STORES



APPLES IN CAKES

LAST week we considered appetising ways of using apples in puddings and desserts. Now let us see what use we can make of them in wholesome cakes.

Apple Nut Cake

This recipe was sent to a Link in our Daisy Chain from Perth, and passed on to us by her. Thus do we join up with Western Australia home-makers. One cup sugar, 1/2 cup grated nutmeg, 1/2 cup chopped walnuts, 2 small teaspoons bicarbonate of soda, 1/2 cup sultanas, 2 cups flour, 3 dessertspoons cocoa, 1/2 teaspoon spice, 1/2 cup butter, 1/2 teaspoon cinnamon, and 1 1/2 cups stewed apples, warm and unsweetened.

Cream the butter and sugar, dissolve the soda in the hot apples, and add to the creamed butter and sugar. Add the other fruit and spices, lastly the flour with 2 small teaspoons of baking powder.

Cook in a baking dish for about 3/4-hour in a moderate oven, and leave in the tin till quite cold. Ice with butter and vanilla icing, or butter and lemon icing, and sprinkle with chopped nuts.

Somerset Apple Cake

Half a cup (4 ozs.) butter or dripping, 1 cup (8 ozs.) sugar; 2 1/2 cups (15 ozs.) flour, 2 teaspoons baking powder, 1/4 teaspoon baking soda, 1 cup chopped nuts, 1 cup chopped raisins, 1 teaspoon vanilla essence, 2 tablespoons cocoa, 1 teaspoon mixed spice, 1 1/2 cups uncooked minced apple. Cream butter or dripping, add sugar and beat well. Add the minced apples, and the other ingredients gradually. Beat very well. Add a little milk if necessary. Bake in a greased tin, in a moderate oven, about 1 1/2 hours.

Apple Cake with Spice

One breakfast cup of sugar, 1/2 cup of butter, 1 1/2 cups flour, 1 teaspoon carbonate of soda, 1 teaspoon mixed spice, or cinnamon, 1 cup thinly sliced apples, 1/2 cup raisins, 1/2 cup walnuts, 2 well beaten eggs. Cream the butter and sugar, add the well beaten eggs, the flour sifted with the soda and spice. Into that stir the raisins and nuts. Put half the mixture in prepared cake tin. Now put a layer of sliced apples. Sprinkle them with 1 tablespoon sugar, and a pinch of cinnamon. Then put the rest of the mixture. Bake an hour approximately, in a good oven. When nearly done, sprinkle over the top 1 tablespoon brown sugar, a little cinnamon and nutmeg, and lay a piece of greased paper on top so that the sugar will not burn. Take the paper off about two minutes before taking up the cake.

Leicestershire Apple Shortcake

Six ounces of flour, 1 small teaspoon baking powder, 3 ozs. castor sugar, 1 lb. apples, 4 ozs. butter, 1 egg, a pinch of salt. Cream butter and sugar, add the egg, and beat well together. Gradually add flour and baking powder, and mix well. It will be rather stiff, but do not add milk. Grease a shallow baking tin, put in half the mixture. Put in a layer of apples cooked and well strained, then the remaining half of the short paste over the top. Bake in a moderate oven for 1 1/4 hours, about. When cold, turn out and cut into squares, sprinkle with icing or castor sugar.

Apple Gems

Half a cup of melted butter, 1 egg, 1 3/4 cups flour, 1 teaspoon mixed spice, 1 cup saltanes, 3/4 cup sugar, 1 cup apples, stewed and allowed to drain, 1 teaspoon cinnamon, 1/2 teaspoon ground nutmeg, 1 pinch of salt, and 1 teaspoon of baking soda dissolved in a little cold water. Mix as usual for gems, and cook in hot gem irons, or failing these, patty pans. They should take about twenty minutes. These little gems are very popular.

Apple Bread

This recipe is from an old Derbyshire farmhouse. "A very light and pleasant bread is made by a mixture of apples

MOCK FIG JAM

Cut 4 lbs. tomatoes up roughly, using both green and ripe fruit, adding just a little water to start it to boil. When the fruit is soft add 2 lbs. of sugar, and a small bottle of raspberry essence, and boil again until it jellies. Bottle cold. When new it tastes like raspberry jam, but later the flavour turns to fig.

and flour in the proportion of 1 lb. of apples to 2 lbs. of flour. The usual quantity of yeast is required as in making ordinary bread, and is mixed with flour and the warm apple pulp — after the apples have been cooked. The dough is allowed to rise for 3 to 4 hours. Then put into long tins, and bake in a moderate oven 1 to 1 1/4 hours. Very little water is needed, none generally, if the apples are very fresh."

Apple Bread (American)

This one is from New York, where "Quick Breads" made with baking powder, instead of yeast, are popular. For "shortening" you may use butter, good dripping, or margarine, but butter is the most satisfactory. Cream together 1/2 cup shortening and 1 cup sugar. Beat up an egg and add it. In another bowl, mix together 2 cups flour, one-third teaspoon salt, 1 teaspoon baking powder, 1/2 teaspoon cinnamon, and 1/4 cup chopped nuts (walnuts are nice!) Then stir in a cupful of minced raw apple, preferably unpeeled. Add all this to the first mixture, and blend together, adding about 1/4 cup of milk, to make the required consistency. Bake in a greased loaf-pan in a moderate oven, 350 degrees to 375 degrees. Takes about 50 or 60 minutes.

Eggless Apple Sauce Cake

One cup sugar, 1/2 cup butter, 3 dessertspoons cocoa, 2 cups flour before sifting, 2 level teaspoons baking powder, pinch salt, 1 teaspoon ground cloves, 1/2 teaspoon nutmeg, 1 teaspoon vanilla, 1/2 teaspoon cinnamon, 1 cup chopped raisins, 1/2 cup walnuts, 1 1/2 cups unsweetened apple sauce, 1 level teaspoon baking soda. Cream butter and sugar, sieve apple sauce, and add soda to it. Mix with dry ingredients, and bake.

APPLE CIDER

THIS is a very pleasant drink, and an excellent way of using up green apples. All these methods have been tested by the Daisy Chain.

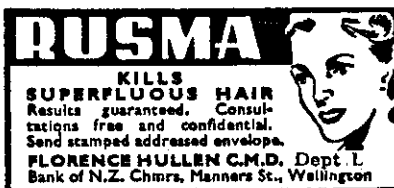
Cider

Put 6 lbs. sweet juicy apples through mincer—skins and pips, too. Cover with 2 gallons of water, and add 2 heaped breakfast cups of sugar. Stand five days. Strain through a jelly bag, squeezing well. Bottle, and tie the corks down. Ready in a few days, but better if kept longer.

Cider (With Hops)

Boil 1 oz. of best quality hops in 2 gallons of water, for 1/2 to 3/4-hour. Slice
(Continued on next page)

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