



On a diet? Eat Apples!

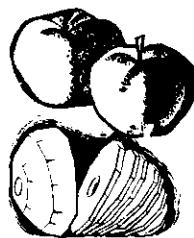
Slimming? Apples for you! They're non-fattening. A crisp, juicy apple makes a delicious, satisfying, easily-digested snack... keeps you slim. Apples—high in energy, low in calories.

Apples are a concentrated source of essential food values... vital in keeping your body glowing with health... in purifying the blood... in building sturdy bones, strong, sparkling white teeth.

N.Z. APPLE AND PEAR MARKETING BOARD

ASK AUNT DAISY

The Healthy, Homely Apple



WHAT a grand apple season we are enjoying! How wonderful to have plenty of good, fresh apples. An advertising campaign has been emphasising their health-giving qualities so that all the family may realise how necessary apples are, and not be satisfied in giving school children just a couple each—one for playtime and one for after school. People have been quite surprised at the fine results obtained from following the publicised advice—the real improvement in their skin, the weight-reducing (or, at any rate, non-fattening) idea of eating an apple when hungry between meals, instead of cake or pastry; and the clean, fresh mouth sensation when an apple finishes the meal.

It is true that the whole system is healthier when apples are eaten regularly—not just for a few weeks, but as part of daily life. The fancy fruits come and go, but apples are a foundation for health, giving us calcium, iron, phosphorus, and no less than four vitamins. The well-known recipe for keeping down rheumatism is an apple eaten raw with a glass of milk the first thing in the morning! One lady who wrote to me about the importance of apples said: "Even our budgie can say, 'Billy wants some apple, please.' So he gets a wee piece and, of course, our canary gets his daily slice. So you see we are all apple-conscious." Another good idea is to keep an apple in the pocket of the car for use when the windscreen wiper refuses to work properly in heavy rain. Cut the apple open and rub it on the wet windscreen; the raindrops do not hang after that, to blur one's vision.

Special Apple Pudding

Peel and quarter about 2 lb. of sour apples, and drop them into a rich syrup made of three cups of sugar and one cup of hot water, and let them simmer till soft but unbroken. Have a sponge ready, made of one-third of a cup of butter, one-third cup of sugar, $\frac{3}{4}$ teaspoon salt, 1 egg well beaten, $1\frac{1}{8}$ cups of sweet milk, $2\frac{1}{4}$ cups flour, $2\frac{1}{4}$ teaspoons baking powder. Cream the butter, add the sugar and egg. Sift flour and baking powder, add to the mixture, alternating it with the milk. Butter a good-sized piedish, and drop the sponge by spoonfuls into it, and with it spoonfuls of the hot apples and syrup, much as one juggles with the mixture of marble cake. Then pour the remaining hot syrup over all. Sprinkle generously with cinnamon and bake in a hot oven for about half an hour. It will then be delicious with crisp brown bits of paste risen here and there through little rivers of syrup. It will be crisp and soft, solid, liquid, jellied, spicy, bland and appley all through.

Hawaiian Apple Pie

One cup sugar, 1 cup pineapple juice, 6 to 8 medium apples, $2\frac{1}{2}$ teaspoons cornflour, pinch salt, 1 tablespoon butter. Put sugar and pineapple juice on to boil. Add apples, pared, cored and quartered. Cook slowly with the lid off until the fruit is tender. Keep the apples moving about so that they are covered with the syrup. Lift out and lay in piedish lined with uncooked pastry. Dissolve the cornflour in a little water, and thicken the syrup. Cook about 5 minutes. Add the butter, a little vanilla if liked,

and pour over the apples. Cut strips of pastry $\frac{1}{2}$ inch wide, brush with milk or beaten egg, and put criss-cross over apples. Bake in oven 450 degrees for 10 minutes, then at 350 degrees for about half an hour.

Quick Apple Fritters

Two large apples, 1 cup flour, 1 egg, 1 teaspoon baking powder, 1 teaspoon lemon custard powder, $\frac{1}{4}$ teaspoon salt, 2 teaspoons sugar. Put flour, sugar, salt and custard powder in basin. Mix to batter with egg and sufficient milk, then add baking powder. Peel apples and quickly grate into batter—use large vegetable grater. Drop in teaspoons on to hot greased pan, and cook golden brown. Pile on hot dish, sprinkle with sugar, and garnish with lemon slices. Delightful batter also for savouries. Can also be used for frying fish, only use 1 apple and leave out sugar.

Apple Foam

Stew four apples in 1 pint of water and sugar to taste. Set one red jelly (red currant, cherry, etc.), with the juice

Vienna Cake

ONE and a half tablespoons cocoa, $1\frac{1}{2}$ tablespoons (small) raspberry jam, about $\frac{3}{4}$ cup boiling water, 4 oz. butter, 6 oz. sugar, 2 eggs, vanilla essence, 8 oz. flour, 2 flat teaspoons baking powder, pinch salt. Mix cocoa to a thin paste with boiling water, stir in raspberry jam, then make up to $\frac{3}{4}$ cup with boiling water. Let it cool. Cream butter and sugar, add eggs one by one, beating well. Add vanilla essence. Sift very well flour, baking powder and salt. Add alternately with the liquid. Bake in a flat tin in a moderate oven for approximately 45 minutes. Ice with chocolate icing. Mark with a fork.

drained off the apples and made up to amount stated on packet. When jelly is about half set stir in the apples and 1 egg white stiffly beaten, and whip all together, and finally put in glass dish to set. Lovely for kiddies. It is much improved when covered with whipped cream, sliced bananas and grated chocolate.

Apple Crisp

Four apples, $2\frac{1}{2}$ tablespoons butter, $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ cup water, $\frac{3}{4}$ cup of flour. Slice apples into piedish, pour over cold water, and sprinkle with cinnamon. Rub butter into flour and sugar till crumbly, and sprinkle on top of apples. Bake half an hour. No sugar is added to apple—it soaks through from the top.

Australian Apple Custard

Put $\frac{3}{4}$ pint breadcrumbs into saucepan; pour over them $1\frac{1}{2}$ pints hot milk and bring to boil. Add 1 oz. butter. Beat together 1 egg and 2 oz. sugar until light; stir this and $\frac{1}{2}$ pint of grated raw apples into the milk and breadcrumbs, and flavour with vanilla or lemon essence. Pour into buttered piedish and bake in a moderate oven.

Apple Crunch

Five sliced, peeled, raw apples, 2 teaspoons cinnamon, 1 teaspoon nutmeg, 1 cup dry breadcrumbs, $\frac{1}{3}$ cup of honey, $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup butter, $\frac{1}{3}$ cup brown sugar, packed firmly. Combine apples with cinnamon, nutmeg and half

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