



There's health and beauty in every apple

In every apple there are essential vitamins, phosphorous, calcium, iron, pectin—a whole array of Nature's health and beauty treatments! That's why an apple is so much *more* than "something just nice to eat"—apples are good for you in lots of ways. Get wise to the wonder of apples—for yourself and your family. Eat apples, serve apple dishes, every day.

A PRETTIER COMPLEXION AND SPARKLING EYES

Apples help to clear impurities from the system, making your complexion clearer, your eyes brighter.

A STRONG CONSTITUTION

The calcium, phosphorous and iron in apples play a vital part in building a strong constitution, in creating firm bones and healthy blood. Vitamin A helps ward off colds and infection, Vitamin B is a nerve tonic, Vitamin C helps to keep teeth sound, Vitamin G promotes digestion. They're all in apples.

BRIGHTEN YOUR SMILE

Every time you eat an apple you clean your teeth, brighten your smile. Apples are very important for dental care.

REMARKABLE EAT APPLES

If you are watching your diet apples are a great help. An apple makes a satisfying, easily digested snack that does not fatten. Apples give you energy, too.

N.Z. APPLE & PEAR MARKETING BOARD

ASK AUNT DAISY

SPRINGTIME DINNERS

IN the spring the housewife's fancy lightly turns to thoughts of lamb! Of course, we know about spring chicken; but, after all, we can buy young and tender poultry almost any time, while early lamb is definitely a spring dish. It isn't so expensive as it sounds, either, because there is never any left over, and even the little bony bits of a forequarter are in demand. And spring vegetables served with the lamb help to eke out the servings. New potatoes cooked with a sprig or two of mint, green peas, asparagus, tiny carrots—and newish, imaginative ways of cooking them—are cheering to the cook as well as to those cooked for. Then, what lovely desserts to round off the meal—early strawberries, cherries, gooseberries, pink, tender spring rhubarb. And the spring salads are so wonderful. They make even the smallest piece of cold lamb into a good luncheon, or even dinner if preceded by, say, asparagus soup.

Fore-quarter of Lamb

To me it always seems a pity to do anything fancy with lamb, which has its own delicious taste and just needs baking in the usual way. Nevertheless, people need to know of other methods of cooking it, especially for small families. The shoulder of lamb may be cut off and pot-roasted, and the neck and breast boned, stuffed with mint stuffing and baked.

Pot-roast Shoulder

Have the shoulder boned and rolled; brown it in beef dripping in suitable saucepan. Add 2 or 3 sliced onions, 1½ cups sliced carrots, 3 or 4 cloves, ½ teaspoon peppercorns, 2 teaspoons salt, ¼ teaspoon pepper, 2 cups boiling water. Cover and cook gently until meat is tender (2½ to 3 hours). Thicken the gravy as usual, being sure to pour off most of the fat.

Stuffed Neck and Breast

Get the butcher to bone it. Make a mint stuffing thus: 2 cups soft breadcrumbs, ¼ cup butter, ½ cup minced onion, ¼ cup finely-minced mint, ¼ teaspoon pepper, ¼ teaspoon salt. Combine and moisten to a paste with a beaten egg. Dust meat with a little pepper and salt, and lay stuffing on flat end, and roll it up, fasten with skewers, dust with a little flour, and put in roasting pan, preferably on a rack, with a little fat smeared on, and fat in the pan and a little hot water. Have the oven hot (regulo 7 or 8, or 400 degrees) for the first few minutes, then reduce heat and cook more slowly, about 20 minutes to the pound. Make gravy as usual.

Neck and Breast Stewed

This is the basic recipe for stewing lamb in the Greek way. Take 2 lb. or more of breast of lamb. If you can have cutlets, too, the eye of these is particularly good. Cut meat into pieces, fry them lightly in butter or substitute, and put them in saucepan. In the same frying pan fry 2 or 3 sliced onions, and add these to meat in the saucepan with salt, pepper, a little stock and a squeeze of lemon juice. Some fresh tomato puree may be added, but this is optional. Cover saucepan and simmer gently till lamb is tender (about an hour). Very young and tender broad beans may be added, in their shells, when lamb is put

into saucepan, or young French beans, topped and tailed, and just broken in two, or young peas and mint leaves, or even spinach which has been steamed for a few minutes.

Continental Peas and Carrots

This is a Continental recipe: 1½ lb. young green peas, 1 lb. small new potatoes, ¼ lb. small, young carrots, castor sugar, parsley, pepper and salt. Boil together the carrots and peas. Boil potatoes separately. Strain carrots and peas, and in the saucepan in which they were cooked melt about 2 oz. butter; stir in 1 dessertspoon castor sugar, then add 2 or 3 tablespoons water. Put peas and carrots back into saucepan with this sauce, toss them a little, then cover pan and leave to simmer very gently whilst straining and drying off the potatoes. Now put potatoes in with carrots and peas. Simmer all for 4 or 5 minutes, then turn all out on a well-heated dish, sprinkle with finely-chopped parsley and serve immediately. For a richer dish add a little fresh cream.

French Green Peas

Two to three pounds green peas, 3 oz. butter, a lettuce, a tablespoon castor sugar, 2 small onions, parsley. Unless

Lemon Snow Frosting

Two unbeaten egg whites, 1½ cups sugar, 3, tablespoons water, 2 tablespoons lemon juice, ¼ teaspoon grated lemon rind. Combine egg whites, sugar, water and lemon juice in top of double boiler, beating until thoroughly mixed. Place over rapidly-boiling water, beat constantly, cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water, add lemon rind and beat until thick enough to spread.

peas are very young, parboil them first. Cream 2 oz of the butter with the castor sugar and a pinch of salt. Put it into a saucepan with 3 or 4 tablespoons of water, 2 tiny onions, or a large one cut in quarters, the heart of the lettuce, a sprig or two of parsley, and the peas. Cover saucepan, cook very gently, shake from time to time, always with lid tightly on. When peas are cooked, take out parsley, add the rest of the butter in little bits, and serve with the sauce in which they were cooked, with the lettuce and onions.

Creamed Asparagus

Heat thin cream or top milk or unsweetened condensed milk. Season with salt, pepper, butter and minced parsley. Pour over hot cooked asparagus. Or make a thin white sauce, using some of the asparagus water instead of all milk, and adding a chopped hard-boiled egg.

Minted Peas (American)

Combine in a saucepan 1 tablespoon butter, ½ cup top milk or cream, 1 tablespoon finely-chopped spring mint, and 2½ cups of hot, cooked peas. Heat all together. An old American favourite.

Gooseberry and Apple Pie

The apple softens the gooseberry tartness without spoiling the flavour. Make a syrup first (1 cup sugar to 2 cups water, boiled 3 to 5 minutes). Into this put topped and tailed gooseberries and apples cut in chunky slices, either half and half, or as you wish. Don't have too much juice, and simmer till tender, but

