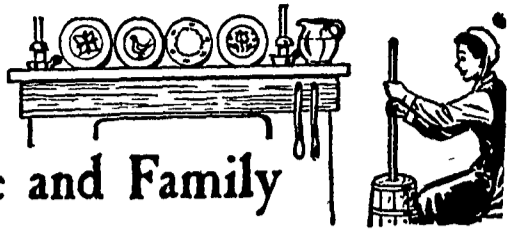


For the Farm Wife and Family



Happy Eating With Apples

By Mrs. Richard C. Spence

Out of every 20 apples consumed last year, about 15 were eaten fresh, three were eaten canned—as canned apples or apple sauce, and two were used in the form of canned juice and frozen and dried apples. Though many more apples are sold and used fresh than are processed, the trend over the past 25 years has been toward increased processing.

Apple sauce is, of course, the most widely used of all apple products.

Apple slices rate high as a convenience and economy product today.

Apple juice in cans, jars or bottles is juice exactly as it is pressed from special hard apples, full of tang and flavor.

The recipes we have for you today use processed apples. You know, of course, that if you have an abundance of fresh apples on hand, all you have to do is to cook them and use as directed in the recipe.

The main dish makes the meal! And here apple products help make the main dish.

APPLE AND HAM ROLL-UPS

- 2½ cups (1 can) sliced apples
 - ½ cup seedless raisins
 - ½ cup cooked rice
 - Few grains salt
 - 10 large slices boiled ham
 - ¾ cup currant jelly
- Drain apples; combine

with tooth picks. Place side by side in heat-proof platter. Blend together mustard and currant jelly, spread over ham rolls. Bake in hot oven 400 degrees for 10 minutes. Garnish with parsley. Yields 4 servings.

APPLE, SWEET POTATO & SAUSAGE CASSEROLE

- 1½ pounds sausage meat
 - 2½ cups (1 can) sliced apples
 - 1 pound - 2 oz. can sweet potatoes
 - ¼ cup brown sugar
 - ¼ teaspoon cinnamon
- Form sausage meat into 6-8 uniform patties; saute, draining off fat as it accumulates. Arrange apples and sweet potatoes in covered casserole; sprinkle with sugar and cinnamon. Place patties on apple mixture; cover. Bake in moderately hot oven 375 degrees ¾ hour. Uncover last 15 minutes of baking time. Yields 4-6 servings.

SCALLOPED APPLES AND PORK CHOPS

- 2½ cups (1 can) sliced apples
- 4 small cooked sweet potatoes
- ½ cup seedless raisins
- ½ cup brown sugar
- Few grains salt and pepper
- Few grains nutmeg
- 3 tablespoons currant jelly
- 3 tablespoons prepared mustard
- 4 rib pork chops, cut ¾ inch thick

Place an equal quantity sliced apples at either end of glass baking dish. Cut sweet potatoes in thick slices, place in center of dish, between apples. Scatter rais-

ins over all. Sprinkle with brown sugar and nutmeg. Combine jelly and prepared mustard, beat until smooth. Trim off excess fat on pork; coat both sides with jelly mixture; arrange on sweet potatoes; sprinkle with salt and pepper. Place two or three apple slices on each chop. Bake in moderate oven, 350 degrees for 1 hour and 40 minutes, or until chops are tender. 4 servings.

Relishes, zippy in flavor, are the grace notes of a meal. For really relishing relishes try these:

SWEET AND SOUR
2 envelopes unflavored gelatin

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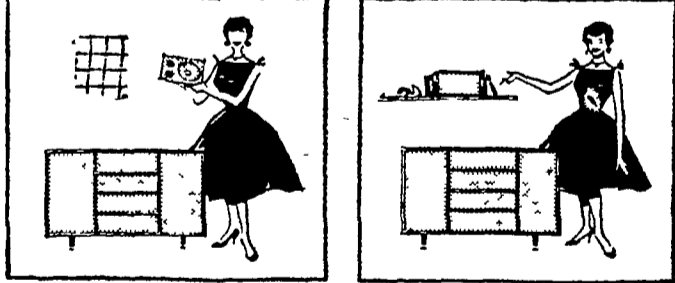


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