



FOR THE FARM WIFE AND FAMILY

APPLES! APPLES! APPLES!

When buying apples consider the intended use and the quantity needed. There are many varieties of apples for different uses such as baking, canning, freezing, eating as well as all purpose varieties. Unless you plan to can, freeze or bake with the apples, purchase the early varieties. Buy only in small quantities. Later varieties are less perishable so best for buying in larger quantities.

Careful handling is important in the storage life of apples. Apples that are damaged or bruised through careless handling can lose up to two-thirds of their storage life. The ideal temperature for storage is between 28 and 36 degrees. Since this temperature is hard to obtain in most homes, store them in the coolest area possible. A second refrigerator devoted only to the storage of produce, is also satisfactory if the temperature is maintained between 30 and 40 degrees. The ideal moisture level for storage of apples is 80 to 90 per cent. Since this is hard to achieve when apples are kept in a refrigerator, store them in a plastic bag without holes.

If you're planning to slice and freeze apples, dip the slices in a solution of ascorbic acid immediately after slicing to preserve the natural color of the apples.

If applesauce is to be frozen,

the later varieties of apples will freeze well. The Cortland apple is particularly desirable for this purpose and has a white colored sauce. The Golden Delicious apple yields a golden colored sauce. The McIntosh apple, however, is not as desirable for canning purposes because the sauce takes on a gray color. McIntoshes may be more desirable in a blend with other varieties of apples.

APPLE CRUMBLE

- 4 frosted brown sugar cinnamon pop tarts pastries
- 3 tablespoons margarine or butter, melted
- 2 cups pie sliced apples (1 lb. 4-ounce can)
- 1 cup sugar
- 2 tablespoons all purpose flour
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon cinnamon
- 1 1/2 teaspoon nutmeg
- 1 tablespoon lemon juice

Break pop-tarts pastries into bowl, add melted margarine or

butter. Crumble with fork into small pieces for topping. Set aside. Combine pie sliced apples and remaining ingredients for filling in slightly buttered 8x8x2 inch baking pan. Sprinkle topping evenly over filling. Bake in moderate oven (375 degrees) about 40 minutes or until top is lightly browned. Makes 6 servings.

APPLE UPSIDE DOWN CAKE

- 1 cup butter
- 1 cup light brown sugar
- 2 1/2 cups sliced apples
- 1 teaspoon mace
- 2 teaspoons lemon juice
- 1 cup shortening
- 2 cup sugar
- 1 egg
- 1 1/2 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 cup milk
- 1 teaspoon Vanilla extract

Melt butter in 8x8x2 inch pan, sprinkle with brown sugar. Drain apples, place overlapping wedges on sugar. Sprinkle with mace and lemon juice. Cream together shortening and sugar. Add egg, beat well. Sift together flour, baking powder and salt, add alternately with milk to creamed mixture. Add vanilla extract. Pour batter over fruit. Bake in slow oven, 325 degrees, 1 hour. Cool 5 minutes. Turn up side down on cake rack.

CHOCOLATE APPLE-SAUCERS

- 1 cup (6 ounces) semi-sweet chocolate morsels
- 2 1/4 cups sifted flour
- 1 1/2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 teaspoon nutmeg
- 1 1/2 teaspoon cloves
- 1 1/4 cups firmly-packed brown sugar
- 1 1/2 cup softened butter

(Continued on Page 25)



BOYS AND GIRLS TOGETHER love brightly patterned sweaters. These two pullovers are knit in "all American" colors to stand out in the school yard. She has discovered Indian lore in the red, white and blue bands which trim the solid blue background of her sweater. He feels like a trail blazer in his scarlet sweater with blue and white dot-dash stripes. Hers is made of knitting worsted and his of fingering yarn. Both are in unisex sizes 6-12. Free instructions are available by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet PK 4037.

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