

(Continued from Page C6)

OLD-FASHIONED APPLE PIE

6 to 8 large Pennsylvania apples
 Pastry for 2-crust pie
 1 cup sugar
 2 teaspoons flour
 1/4 teaspoon nutmeg
 1/2 teaspoon cinnamon
 2 T. butter or margarine

Pare apples, cut in quarters. Remove cores; slice thin. Line 9-inch pie pan with pastry. Mix sugar, flour and spices; rub a little sugar mixture into pastry. Arrange sliced apples overlapping in pan. Add remaining sugar mixture. Dot with butter or margarine. Cut slits in top crust; moisten edge of lower crust. Place top crust over apples; press edges together; trim. Flute edge. Brush with slightly beaten egg white if desired. Bake at 425° for 40 to 45 minutes, or until apples are tender.

Mrs. P. Russell, Bedford

BAKED APPLES

6 tart apples
 brown sugar
 cinnamon
 1/3 cup water plus a few drops red food color
 butter

Wash and core apples. Place in baking dish. Fill with sugar and dot with butter. Sprinkle cinnamon over top. Pour water around apples, cover and bake at 350° for 35 minutes. remove cover, baste apples and return to oven to bake 35 minutes more or until apples are soft. Serve with whipped cream or ice cream.

Alice Kramer, Reinholds

RAW APPLE CAKE

4 cups apples, peeled and sliced
 2 cups flour
 2 cups sugar
 1 teaspoon salt
 1 1/2 teaspoon baking soda
 2 eggs
 2 teaspoons cinnamon
 3/4 cup cooking oil
 2 teaspoons vanilla

Mix sugar and apples in a large mixing bowl. Set aside for a few minutes. Mix dry ingredients with apples. Add eggs, oil and vanilla. Mix thoroughly. Pour in greased 9x13" pan. Bake for 50 minutes in 350° oven. Top with a favorite frosting.

Mrs. Leon Martin, New Providence

STEWED APPLES

6 apples, medium sized
 3/4 cup water
 1/2 cup sugar
 1/2 teaspoon cinnamon

Peel and core apples. Cut into slices. Put in small saucepan with water. Cover and cook until tender. stir to slightly break slices. Add sugar and cinnamon. Serve warm over spice cake. Or, chill and serve in place of one vegetable for dinner.

Mrs. Luke Martin, Paradise

APPLE CABBAGE SALAD

4 unpeeled apples, diced
 1/4 cup orange juice
 1/2 cup salad dressing
 2 cups cabbage, chopped

Wash apples, core and dice. Combine apples and orange juice. Add salad dressing and cabbage and stir until apples and cabbage are coated with dressing. Serve.

Mrs. Luke Martin, Paradise

And from the Cooperative Extension Service at Penn State we have the answer to the difference between cider and apple juice:

Sweet apple cider is made from the fresh pressed juice of two or more varieties of apples selected to impart the desired flavor and balance of sweetness and tartness. Cider is a pure, no-sugar-added, natural beverage and it requires refrigeration to keep it fresh. Apple cider is best preserved by freezing which means its good taste can be enjoyed long after the peak apple cider months have passed.

Apple juice is initially little different from apple cider. The fresh pressed juice is more finely filtered and clarified to remove more of the pectin and other suspended apple solids and to retard oxidation and coloring, thus producing a clearer, lighter colored juice. It is pasteurized by heating to a temperature of about 170 degrees Fahrenheit or greater and is hermetically sealed in cans, jars or bottles for longer preservation and marketing.

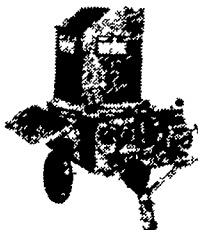
Cider is high in potassium, low in sodium.

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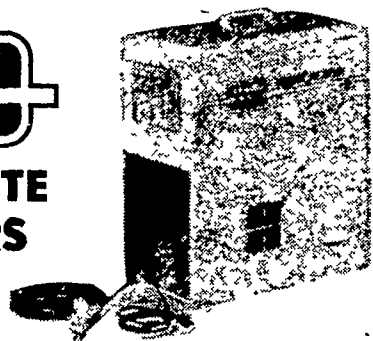
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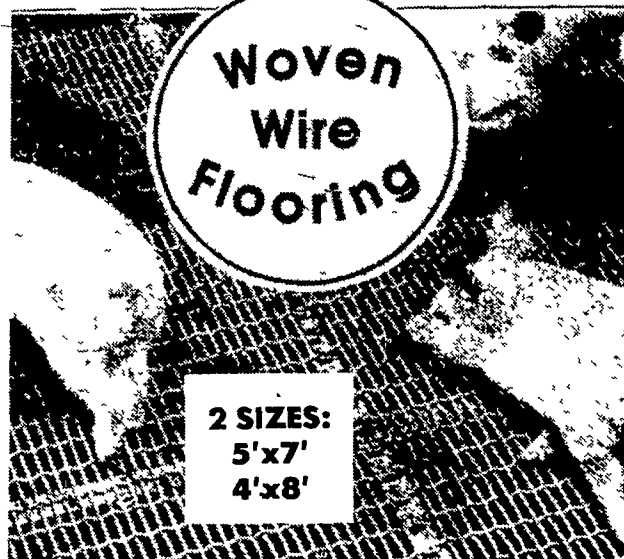


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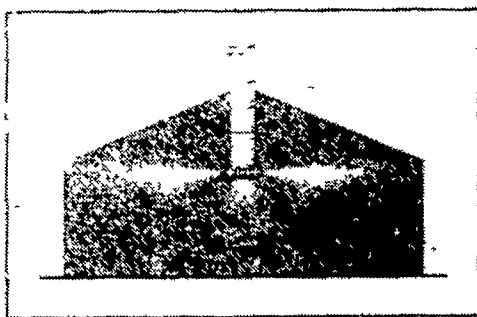
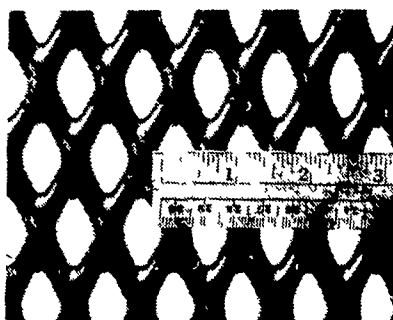
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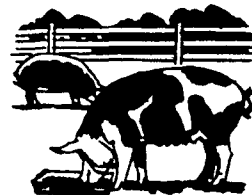
LEON HOOVER, PROPRIETOR

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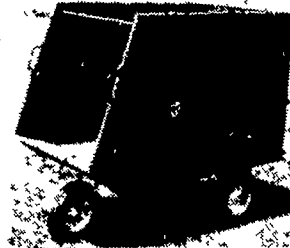
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